



**Japanese course
a big success**
Language students
participate in a
traditional Japanese
tea ceremony during
their final class.

News 6

Spoke

Horsing around

Spoke reporter Melissa Hancock falls
in love with a horse.

Feature 8

Spoke has hippie roots

Follow the evolution of Spoke from
its origins in the 1960s until today.

News 3

Monday, January 17, 2005

Conestoga College, Kitchener

37th Year — No. 2



(Photo by Tim Murphy)

Students brave the elements

Come rain or come shine, Conestoga College students walk to school through
inclement weather conditions.

CSI plans 2005 events

By STEPH BAULK

With the start of a new year and a new school semester, Conestoga Students Inc. has planned some new and exciting events for returning students.

Nichole Jiminez, CSI events programmer, said there will be a cultural awareness week from Jan. 31 to Feb. 4.

"We're really trying to incorporate international students in some of our events this semester," she said. "We're having a lunar New Year's party, which international students will mostly be interested in, but it is open to the whole school."

Jiminez said the Red Carpet Formal is an event to check out if you like to get dressed up and dance.

The formal will be held on Feb. 10 at 9 p.m. and it will be done in conjunction with the Conestoga Residence and Conference Centre. There will be a dress code for all those interested in going.

"We would accept semi-formal wear," said Jiminez. "But on the actual night, the decorations and everything will be very formal."

Jiminez said all the details for the event still need to be worked out, like the ticket costs and decorations.

"We have ideas, but I don't want to say much because things are still in the deliberation stage and subject to change," she said.

On Feb. 17 the annual Polar Plunge will be held, which raises money for the Heart and Stroke Foundation. That event will be held as usual behind the college at the pond.

A Battle of the Bands competition will be held sometime in March and is a new event held by CSI.

Jiminez said it will have the same concept as CSI Idol, except it has to be a band.

"You have to have at least one Conestoga student in the band in order to register," she said.

"Registration will be sometime in February, but more information will be available later on for students because some details still need to be worked out."

George Stroumbouloupoulos will be coming to the school on March 10 and will be in the Sanctuary. He is a former MuchMusic VJ and is now with CBC Newsworld.

Jiminez said he is not coming here for the Battle of the Bands, but they are going to try to incorporate him into the event somehow.

On March 24 there will be a Mardi Gras party at 9 p.m. in the Sanctuary.

Fortunately, students won't have to worry about waking up early for their Friday class because Good Friday gives students a chance to recuperate.

The week of March 28 will be a comedy week, and will include the infamous Mista Mo, who will entertain students on March 29 in the Sanctuary. Mista Mo (aka Morgan Smith) is a comic who co-hosts The Buzz, the wisecrass streeter show that started out on Rogers Cable and is now entering its fifth season on the Comedy Network. He is also a stand-up comedian who is a veteran of Yuk Yuk's.

One of the final CSI events will feature Tony Lee, the XXX-rated hypnotist, who will return to the Sanctuary on April 7 to work his magic on Conestoga students.

Jiminez said the event is mainly for people who missed him the first time he came and want a chance to see him. She urged students to buy tickets early because the show always sells out.

The final CSI event of the school year will be an End of Year Luau on April 21 at 9 p.m. in the Sanctuary.

It is the final Thursday before exams kick off so it will be a great way to relieve stress and end the school year.

Staff buyouts help eliminate deficit

By RYAN CONNELL

Faculty and support staff buyouts will help wipe out the college's deficit for the next academic year.

About 15 faculty and support staff members accepted buyouts to retire early.

Conestoga College president John Tibbits said there were lots of ways that the college was able to operate more efficiently.

"We did downsize a little bit, but instead of laying them off, we offered people the opportunity to leave and retire early. We had a number of faculty and a couple of support staff who opted (for the package) and, as a result, we're not replacing them," Tibbits said.

Tibbits said the number of people who were given the buyouts is small and won't affect the students.

"I don't think students will really notice one way or another," he said.

The college's deficit has now been estimated at \$200,000. The deficit was projected at \$1.4 million in June and was lowered to \$500,000 in September after cuts were made throughout the college and some part-time teachers didn't have their contracts renewed because of a reduction in general

education courses.

The college expects to save close to \$1 million next year from the buyouts but will not save any money this year because of the costs of the buyouts.

"(This year's deficit) is minimal compared to what we've been faced with in the past."

John Tibbits,

Conestoga College president

"Even though we've reduced the deficit to \$200,000, there's going to be a couple hundred thousand (dollars) in buyout costs," Tibbits said.

The college faced its last deficit in 1995 when the provincial government cut all education sectors by 15 per cent. Conestoga had 103 buyouts that year which included 16 per cent of the college's support staff.

"(This year's deficit) is minimal compared to what we've been faced with in the past," Tibbits said. "Ontario colleges are the worst funded educational organizations in Ontario, so it's tough to manage."

New club raises funds

By JEN GALHARDO

Conestoga College has a new club. The Emergency Response Club consists of students from police foundations, pre-service firefighter education and training, paramedic, law and security administration and nursing.

On Dec. 2, the new club held its first event in the Sanctuary in order to raise money for new equipment for the different programs.

"The equipment we use in our fitness classes is really rundown and not in good shape at all," said Nelofer Ahmed, a second-year student in police foundations as well as a director with CSI.

The Emergency Response party brought out 185 students and more than \$1,200 was raised from ticket sales with prices being \$6 in advance and \$7 at the door. There were 67 police foundation and law and security association students, 60 nursing students, 25 pre-service firefighter education students, 17 paramedics and 16 guests.

"This event would not have been successful if everyone didn't help," said Ahmed.

Ahmed as well as two representatives from each program of the club put up posters and spread the word in classes about the party.

"This party was run by students for students," explained Ahmed.

Since the students are from different programs involved with the club, there was an issue of how the money would be divided. It was decided that each program would get half of the proceeds of the tickets purchased by students in their program. For example, the nursing program had 60 students attend and so that program got half of the proceeds from 60 tickets.

However, since police foundation students hosted this party, they got half of every ticket sold.

"The majority of the money raised went to

police foundation and firefighting students because we are fundraising for the same thing which is a dummy."

The current dummy, named Randy, is 180 pounds and falling apart. According to Ahmed, last year the dummy's hands fell apart and had to be duct taped, which makes it difficult to grasp and carry. A new dummy will cost around \$3,000.

The Emergency Response club will hold more fundraising events, including a potential five-kilometre run, in order to attain the new and improved equipment.



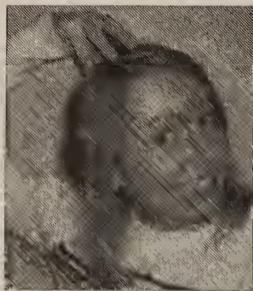
(Photo by Jen Galhardo)

Nelofer Ahmed, a second-year police foundations student, struggles to pull her program's tattered, 180-pound dummy.

Now deep thoughts ...with Conestoga College

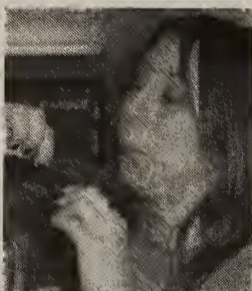
Random questions answered by random students

If you were a monkey, what
would you be doing right now?



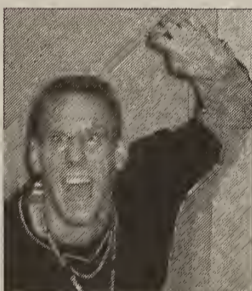
"Looking to see what's
underneath Tarzan's
cloth."
*Ashley Sheppard,
first-year
early childhood education*

"Wear a tutu and pick
fleas off other people."
*Amanda Crawford,
second-year
general business*



"I would go OO! EE!
OO! AH! AH!"
*Tina Allardyce,
first-year
police foundations*

"Eating great big
bananas."
*Kerri Healey,
second-year
early childhood education*



"Throwing my feces at
other people."
*Andy Borris,
first-year
general business*

"Rubbing my ass on
people's car windows."
*Caitlin Black,
first-year social services*



"Playing with myself."
*Pat Napier,
first-year architecture*

Smile Conestoga, you could be our next respondent!



(Photo by Benjamin Richmond)

The current bridge which connects Homer Watson Boulevard and Fountain Street, going over Highway 401, will be torn down over the next two years and replaced with a new overpass.

Interchange to change

By BENJAMIN RICHMOND

Conestoga staff and students who travel Highway 401 to get to the college will face construction delays at the Homer Watson interchange starting next year.

Beginning in May 2005, the interchange at Homer Watson Boulevard and the 401 will go through major road construction. The interchange will be redesigned into a free flow interchange, which will eliminate the need for stop lights. By taking out the stop lights, cars will be able to travel through the interchange without having to stop, allowing for less traffic congestion.

The existing bridge over the 401, which connects Homer Watson Boulevard to Fountain Street, will be torn down and replaced with a new overpass. The new bridge will be widened to accommodate four lanes of traffic.

As part of the free flow interchange, additional lanes will also be added to the overpass to carry traffic from Fountain Street to an entry ramp, leading to the 401 west. Lanes coming from Homer Watson Boulevard will be connected to another new entry ramp leading to the 401 east. A third ramp will be built to attach Homer Watson Boulevard to the 401 west, thus the current left turn allowing access to the 401 will be taken out.

Along with the improvements to

the interchange, a pedestrian overpass will also be built over the 401. The overpass will allow pedestrians to travel between Conestoga College and Morningside Drive.

"Beginning in May 2005, the interchange at Homer Watson Boulevard and the 401 will go through major road construction."

The pedestrian overpass is included in the same contract as the road construction. This contract is administered by the Ministry of Transportation, whose engineers are responsible for setting construction guidelines and overseeing the project.

The cost of the construction will be funded by the Region of Waterloo, the City of Kitchener and the City of Cambridge. Chris Thompson of the design and construction department at the Region of Waterloo said there will be no estimated cost of the project until the contract is awarded to a construction company.

The bid for the contract will take place in January 2005. After a company is awarded the contract, they will act as the general contractors of the project. The general contractors are in charge of subcontracting individual jobs involved with the

construction to other companies. For example, the general contractor would hire another company to pour the concrete for the bridge.

Another difficult task in co-ordination with the road construction is properly directing the traffic. Thompson said managing the traffic flow during construction is as tough as actually building the bridge.

To accommodate for the heavy traffic, especially from the college, the bridge will be built in stages. The existing bridge will continue to be used, while half of the new bridge is built beside it. Once it's built, traffic will be directed to the new half of the bridge, and half of the old bridge will be torn down.

With traffic travelling on both bridges, the second half of the new bridge will be built. After the new bridge is completely constructed, the old bridge will be entirely destroyed.

Thompson said although it is a difficult process, the region went through a similar process earlier this year.

"It (the construction to the interchange) is similar to the interchange at Townline Road in Cambridge."

The whole project is expected to take two years to complete, with construction scheduled for May to November 2005 and for the same period of time the following year.

Stay safe on the streets

By JANET MORRIS

One month has passed since the first day of winter.

Waterloo regional police are reminding motorists to drive with caution.

Staff sergeant Bryan Larkin said police are asking people to slow down, clean their windshield and allow for extra travel time.

"Safety is paramount," he said.

Accident rates increase significantly during the winter months.

Larkin said motorists should familiarize themselves with alternate routes and leave early in anticipation of delays.

The most important thing people can do is keep their windows clear

and ensure the defrost system works in their car, he said.

"Scrape all windows and check the wipers, you can't go anywhere if you can't see."

Car maintenance is especially important during winter months when accidents are at their peak.

Drivers should check all lights and signals, battery, brakes, fluids, tire pressure and tire treads.

Larkin said motorists should keep their gas tanks at least half full in case of emergency.

"Packing an emergency kit is a good idea and could include a shovel, candle, matches, candy bar, blanket and a call police sign."

A good offence is the best defence when it comes to driving in

the snow and ice.

"Wheel-lockup when braking can lead to loss of control; a following distance of three to four seconds gives you time to stop, or steer around objects safely," he said.

CORRECTION

In the Jan. 10 issue of Spoke, an error appeared in an article about the health informatics management program coming to Conestoga College. The years Yuri Kagalovsky taught at the University of Victoria were incorrect. He was actually a teacher there from 1995 until 2003.

Spoke apologizes for the error.

Spoke 'a necessary communication tool'

By DESIREE FINHERT

In September 1967, Conestoga College opened its doors at a temporary location at Preston high school, admitting part-time students. The Doon campus, in the west end of Kitchener, did not start admitting full-time students until Jan. 8, 1968.

In 1968, the Doon Student Association (DSA) president, Neil Aitcheson, and Conestoga's founding president James Church travelled throughout Waterloo-Wellington and Perth counties holding workshops educating communities about the purpose of community colleges.

Aitcheson said he was trying to instil enthusiasm and confidence into Conestoga's present and future students by holding the workshops.

In 1968, Aitcheson, a 21-year-old broadcasting student, not only spoke to the community about Conestoga, he was one of the people who started its primary communications source, Spoke.

Aitcheson said the student newspaper was only a single-folded sheet of paper when he and four others started production, but he would bring a stack of those skinny newspapers to the workshops for people to read.

"It was a necessary communication tool back then," said Aitcheson. "The college was so new and we were getting to know everyone."

Graphic design alumni, Mike Tate, now 59, also had a hand in creating the school newspaper. In fact, he thought up the name.

Tate said the college was geared towards the industries in the community when it started.

"They would have people from the community come in and teach," said Tate, who is now a sales representative for Kit Care Corporation, in Rexdale, which provides products to the occupational health and safety

field. "My whole thought was (that Conestoga) was taking people and educating them, in something they're interested in, and then sending them back into the community."

It was this concept that the college was the centre of the community that inspired Tate.

The Conestoga wagon has always been a symbol of the local communities and the people who study at Conestoga College are like the spokes on the wagon's wheel, said Tate.

The tri-cities had many trades, and Conestoga acted as a focal point for those trades.

Tate submitted the name Spoke, which was selected as the name of the school newspaper, representing the students, faculty, staff and alumni who make up the paper's readership.

When he was 22 years old, Tate's design communication course taught a range of different media skills including journalism.

"I didn't really want to take a bunch of journalism," said Tate, who admits he didn't do a lot of writing for the newspaper. "I was an idea man most of all."

Tate said students Chuck Stoodly, Dana Cressman and Pat Robinson also worked to generate stories, do reporting, write articles, typeset and layout pages.

Spoke's budget came out of the student activity fee, which Aitcheson said DSA determined was necessary.

Andrew Jankowski, co-ordinator of the journalism program from 1972 to 1999, said Spoke was strictly a production of DSA.

Jankowski said the DSA was extremely protective of the paper and would not accept any help from the journalism department.

"They resisted any intrusion from the faculty," Jankowski said. "They had nothing to do with us."

Jankowski said the '60s era had a lot of influence on the students and when he was the journalism co-ordinator at the college, Spoke was used as a protest paper.

At that time, Jankowski said Spoke still was only four pages, was filled with four-letter words and had little to no advertisements.

"It was a chore, which not everybody was ready for," said Jankowski.

He said DSA had problems publishing the paper and even asked the journalism students to help generate ideas in the '80s.

"DSA had a lot of money to spend on the paper, but they had a lot of problems. Then they actually approached us. The president pleaded with us (the journalism department) to take it over."

Drastic changes happened to Spoke when the paper transferred from DSA's hands to the journalism department. As part of the transfer agreement, DSA funded the paper, which had cost \$30,000 a year to publish. However, one year after the changeover, publishing costs decreased to about \$12,000 a year.

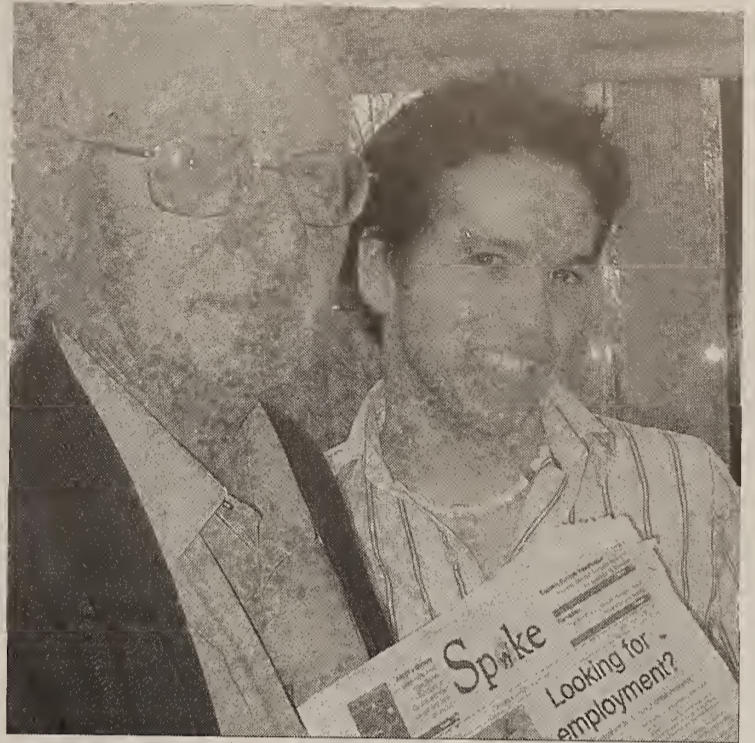
One reason for the decrease was DSA members had been paid for their work on Spoke. When the paper became a course requirement, students received grades instead of pay for their work reporting, editing, photographing and laying out pages.

Jankowski said the student reporters were assigned beats, which are departments of the college that need to be covered on a regular basis.

The cost decrease was also due to the implementation of computers.

"We were actually paginating on Spoke before the Record," Jankowski said.

Around 1972, Spoke was being printed by Fairway Press in



(Photo by Desiree Finhert)

Graphic design alumni, Mike Tate, 59, (left) was responsible for naming Conestoga College's student newspaper in 1968. Tate is holding up a current issue of Spoke with the paper's newest editor, Ryan Connell, 20. The paper is now in its 37th year.

Kitchener. Before computers, the process of publishing a newspaper was time-consuming. DSA members would send printed stories to Fairway Press where their own reporters would typeset them. Then the DSA members would cut and paste stories onto a template to be photographed onto a negative, which then had its image burned onto a metal plate, which was put onto the press.

Around the same time the journalism program was taking over Spoke, computers in the college were making this process unnecessary. Student reporters began typing their stories and paginating entire pages on computers. By this time, Spoke was being printed by

the Cambridge Reporter.

Today, Spoke continues to be produced by journalism students, who are enrolled in courses in the program. The paper is no longer funded by the student association, which is now known as Conestoga Students Inc. instead of the DSA. All files are uploaded to a Guelph Mercury website for publication.

But not everything has changed. The fundamental spirit to serve the local community stays with us.

Spoke reporters continue to publish an informative newspaper, averaging 16 pages in length, weekly, to inform and entertain the people who represent the spokes on the wheel of Conestoga College.

A glance into the life of some of Conestoga's custodians

By NICOLE DEAK

They're in schools, cafeterias, big business and small businesses. They clean washrooms, sweep the floor and enjoy life, and just as important, their job. They are janitors, also known as custodial staff.

There is more to the custodial staff at Conestoga College than emptying garbage bins, cleaning washrooms and picking up after students. These people have hobbies, dreams and passions, just like everyone else.

Phyllis Caissie, head of the custodial staff at the college, says she loves her job and everything about it. Her only complaint is when people don't listen to her and give her a hard time.

Outside of work, Caissie likes to listen to country music and play with her Shitzu, Thumper.

"My favourite country artist was Johnny Cash. I love him!" she said.

Caissie is from New Brunswick and moved to Ontario to find a job.

"Work was hard to find out east so I came to Ontario in hopes of finding a job," she said. "They only paid minimum wage and I couldn't live on that."

Caissie's dream is to one day have enough money to buy a house out east and live near a lake or the ocean.



(Photo by Nicole Deak)

Phyllis Caissie (left), Bryan Sprague and Sharon St. Cyr share a laugh over lunch. They are three members of Conestoga College's custodial staff.

Guadalupe Mate, a general labourer, says she also enjoys her job. It includes light housekeeping, cleaning washrooms, sweeping and cleaning the Sanctuary. The only part of the job she doesn't like is the recycling.

"The big blue bins get so heavy sometimes and it's so hard to move them," said Mate.

When she is not working, she reads the Bible and goes out at night with her friends. She enjoys

Christian movies and spending time with her children.

"I want to be a good mother and a good wife," she said.

Mate's dream is to move back to El Salvador, her home country, to live.

Sharon St. Cyr, who mainly works in the E-wing, has a slightly different opinion about her job, saying she doesn't enjoy it.

"I am only here because I have to be," said St. Cyr. "I don't like pick-

ing up after the students, I wish they would pick up after themselves."

However, when St. Cyr is not at the college, she lives a happier life doing things that give her pleasure.

"I like to cook, especially beef stew. I like sewing and playing cards, mainly euchre," she said.

Her dream is to quit working and to take it easy.

However, there is always one star that shines brighter than any other,

and in this case it would be Bryan Sprague. He can be found walking around the school with a smile on his face and laughing and chatting with students and co-workers.

Sprague says he really likes his job and there is nothing about it that he doesn't enjoy.

Outside of work he keeps himself occupied with cooking and watching sports.

"I like to cook beef stew and rice with vegetables," he said. "Hockey is my favourite sport, but I also like baseball. The New York Rangers and Toronto Blue Jays are my favourite teams."

Sprague says he taught himself how to cook by reading recipes. His favourite food is pork chops and his favourite television show is Crime Scene Investigation (C.S.I.).

"I love all the C.S.I.'s, but the original C.S.I. is my favourite."

His dream is to make enough money to help his kids, Michael and Shelly, and to retire rich and happy.

Everybody in life has a story, whether you're a teacher, a nurse, a florist or a custodian. Everybody has dreams, goals and a sense of self. The next time you pass by a custodian, say hello. Who knows, you might make their day, or even better, yours.

College deficit concerns everyone

Conestoga College is going down a tough road to deal with the deficit.

The college's deficit has now been estimated at \$200,000. It was projected at \$1.4 million in June and was lowered to \$500,000 in September, in part because about 15 faculty and support staff members accepted buyouts to retire early.

Conestoga also saved money by cutting the number of general education courses from six to three in some programs and reducing program hours. The public relations program has been cut from 21 hours to 18 hours a week. School of business programs have been capped this year at 18 or 19 hours a week, down from 21 hours. Ten years ago, school of business programs were 29 hours a week.

While it's great that the college has managed to reduce the deficit, the quality of education is being eroded.

Students are paying the same for tuition but they are getting less.

Conestoga is running a deficit because the Liberal government froze tuition for two years and only reimbursed colleges for a portion of the increase they would have received if there hadn't been a freeze.

Also, colleges didn't receive an increase in funding in the most recent budget, and colleges have traditionally received \$2,000 less per student than universities and school boards. As well, the most recent budget did not include any new funding for growth at colleges, yet from November 2001 to November 2003, enrolment grew by 17 per cent.

As a result, the college has to do more with less, including assigning two jobs to one person and not always hiring staff to replace employees who leave.

Because of the deficit and the resulting cutbacks, eyebrows have been raised over Conestoga College president John Tibbits receiving a 15 per cent pay increase in 2004. His annual salary went up to \$242,857 in 2004 from \$205,640 in 2003. Only one other Ontario college president makes more than that. Toronto's Centennial College president Richard Johnston makes \$257,669 a year. However, we must keep in mind that we have been the No. 1-rated college for six years in a row, and Tibbits must get some of the credit.

The answer to our financial woes is obvious. The government must provide more funding.

Former Ontario Premier Bob Rae is leading a commission that is reviewing Ontario's post-secondary system. The commission report is to be released later this month.

Hopefully, it will give recommendations that will provide Ontario's colleges with more funding. There is little doubt that more money is needed. Lower tuition fees and new funding for enrolment growth are needed as well.

Maybe it will put things at Conestoga back to normal. If funding is increased, then program hours could be reinstated and general education courses could be restored.

Conestoga College had a lot of problems to deal with last year and many changes were made as a result, some that were good and some that weren't.

We're hoping the government will take notice of the situation and fix it.



How did you spend your Christmas money?

Tsunami relief warms the heart, but ...

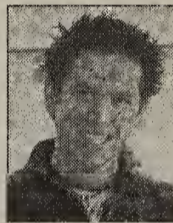
Financial and governmental support for the victims of the earthquake and tsunami half a world away have been enormous.

Since Dec. 26 when countries like Thailand were devastated, more than 160,000 people have been reported dead or missing.

It's horrific moments like this in history when it's refreshing to see countries come to the aid of others, friend or foe.

The Canadian government has been generous, surpassing the United States in financial aid. So far they've pledged to give \$425 million in aid over five years. The U.S. has so far only agreed to donate \$350 million.

Governments aren't the only ones helping out. The overwhelming aid Canadians have been providing has shown we are dedicated to helping others. Radio stations, television networks and newspapers have been publicizing the devastation that the people living in these Third World countries are facing. The supportiveness of our country truly shows how Canadians can be great humanitarians.



Ryan Connell

Opinion

I applaud the efforts of people who offer their help and open their pocketbooks in times of disasters. The terrorist attacks on Sept. 11 was another time when countries came together to help another country that was faced with a tragic event. Donations to organizations like the Red Cross helped to assist those who were at ground zero at the World Trade Center.

But why does the world only come together in extreme tragedies? In Africa alone, about 6,500 people die each day from AIDS because of lack of treatment. It may seem like a harsh comparison, but the number of deaths from the Sept. 11 terrorist attacks doesn't even equal half of the deaths that happen in just one day in Africa. The tsunami deaths are equal to the deaths that happen

every three weeks in Africa.

Our country ultimately needs to be able to offer its assistance throughout the year. It shouldn't take horrific events like the tsunami or terrorist attacks to open people's eyes and their pocketbooks. There are several organizations which can use the financial support, even just locally if you would rather see your money put to use to benefit yourself. There are organizations like the Canadian Red Cross and the United Way which are always seeking your donations. Or, if you can't spare the couple bucks, volunteer your time to different charities which need a helping hand. It's not that hard to look around the Kitchener-Waterloo area to find a place that could use the help like a soup kitchen, or become a big brother or big sister to a less fortunate child.

Ultimately, put the responsibility on yourself to help others around you and know that in the future there could be a time when you could need the help of somebody else.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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is published and produced weekly by the journalism students of Conestoga College

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My 24-hour bus ride from hell

A 24-hour bus ride wasn't what I had in mind when it came to travelling home for the winter holidays.

Normally I would splurge the couple extra bucks to fly home to Thunder Bay to celebrate Christmas with my family and friends. I would fly out of Hamilton and be in Thunder Bay in less than two hours, and for the past two years that plan worked flawlessly. To my bitter dismay however, this past year I was informed that there were no more flights out of Hamilton to Thunder Bay. I would have to fly out of Toronto instead.

That's fine, I can tolerate a bit of change this year. Toronto wasn't much farther to travel than Hamilton. However, upon searching for plane ticket prices online from Toronto, I was horrified to find the outrageous, skyrocketing prices. I definitely shouldn't have waited so close to the holidays to book my ticket. There was no way I could afford the price they were charging.

Don't they understand I'm a starving college student?

I did the only logical thing I could think of at the time: whine to my mom about it. It was at this point that she then forced me to take a bus back home because there was no way she was paying the outrageous prices either. Thanks Mom.

She took the liberty of booking my Greyhound bus ride home and come



Ryan Connell

A Day in the Life

9:30 on a Saturday morning, I found myself sitting on the bus waiting for its departure to Toronto. From Toronto, I would then have to buy another ticket to go from Toronto to Thunder Bay.

I was not excited about spending the next 24 hours on a crowded bus.

At the Toronto Greyhound bus terminal, I was flabbergasted at the pigeons which flew freely inside the terminal and how nobody seemed to pay much attention. They would just fly from ceiling beam to beam scavenging for food.

I took my seat on the bus in Toronto and began to look around at the other passengers. Surprisingly, there were a lot of people around my age on the bus — all probably going home to their mommies as well.

I took my seat beside a girl who resembled a mix between Nelly Furtado and Jennifer Lopez. I put my earphones on and began listening to my indulgence of mindless pop music which would kill most people within 10 minutes, never mind 24 hours. I managed to listen

to 17 CDs in their entirety during the trip, from Britney Spears to Ashlee Simpson — at least they don't lip sync on their albums.

The most important lesson I learned on my trip, however, was what people consider "comfortable." No matter how much you hear about Greyhound being a comfortable coach with great leg room and comfy seating, there is no such thing as a comfortable chair after you've been stuck in it for 24 hours straight.

If it couldn't get any worse, the weather could. Bad weather conditions with thick snow made it hard for the bus driver to navigate so it was a very slow ride, which I can honestly only partially complain about. Ontario's beautiful landscape is truly indescribable. Snow draped the pine trees and the untouched snowdrifts generated a serene and enjoyable atmosphere which, despite my lack of leg room, allowed me to relax a bit more.

That's until I had to switch buses in Sault Ste. Marie at 2 a.m.

That's when I found myself sitting next to Bert. Now, I never spoke to this man so I technically didn't know his name. However, as I stayed up the entire night with him sleeping on my shoulder, I decided he looked most like a Bert. He must have felt some unknown connection to me to feel comfortable enough to snore on my shoulder, but let me tell you, I

certainly didn't share the same feelings. A man in his 30s with a scruffy beard and a beer gut wasn't what I was into — especially when he began banging his head against the window.

I'm not talking about a slight bang, I'm talking about an erupting loud thud that made practically everybody on the bus jerk awake to find out what was happening. Everybody but Bert that is, unless the bang knocked him unconscious. There would be times I would pretend to be sleeping and hit him in the gut just to see if he'd flinch to get his head off my shoulder. He was practically dead to the world. A snoring, dead body.

I spent the entire night awake listening to my array of pop classics and Bert's snoring, ignoring the occasional cries of a baby in the back. Aside from the moonlight peeking its way in from the windows to reflect on the sleeping faces around me, the bus was pitch black but it didn't help me fall asleep.

Instead, I spent the time just thinking about my life and how I planned to spend my winter holidays. Being given time to just lay back and let my mind wander was something I haven't done in awhile, and it sort of became cleansing for me to just look out on the scenery from the window and let my thoughts drift into oblivion.

Everybody needs to be able to find

that time when they have nothing else better to do in their life but to just sit and think. I normally have a problem over-analysing and criticizing everything around me. I'm a complainer at heart, but being given this time helped me clear some of my frustrations going on in my life, from school to work to everything else, and just simply let me think. It let me have some time for myself where I was stuck with nothing else to do but just think.

Whereas my back ached once I was finally released from my hell when we arrived in Thunder Bay, I do have to say my 24-hour bus ride was something I was glad to have experienced.

You feel dirty, cold and sore stepping off the bus with all of your tight joints and muscles, but it's such a raw experience that I feel everybody should have to experience at least once in their lifetime. However, from now on, I will be vowing to book my plane ticket months in advance to avoid a disaster like this from happening again, regardless of how happy I was to have experienced it. However, I will probably do it again sometime in the future.

Not today and certainly not tomorrow. Maybe 10 years from now, or maybe just when I need to escape sometime and need time to think.

Hopefully, Bert will take a plane.

Homeless people deserve respect too

We walk past them everyday and look away. We give them some change and wonder what they'll buy with it. We might even think they're scum, unequal or dangerous.

However, people who are homeless deserve the same respect and rights we all enjoy.

If you take a moment to talk to some of them about it, you will hopefully gain a much different perspective.

Recently I went to The Drop-In Centre in downtown Guelph and spoke to a couple of men who frequent the centre, as well as a woman who runs it.



Paige Hilton

Opinion

not a landed immigrant so he can't work.

He is a social worker and counsellor and said he wants to help other people once he gets his work permit.

The Drop-In Centre was not like I imagined it would be. I felt comfortable in the welcoming atmosphere and felt embarrassed that before I'd gone in, I thought it was going to be the complete opposite.

Although many of the people there did suffer from a mental illness, everyone seemed relaxed.

A lot of the people were friends who came to the centre to talk and enjoy their morning coffee.

Sister Christine, a nun who has worked at the centre for 21 years, told me a story about one of the men who she sees almost every day.

A volunteer who had been working at the centre recognized him one day, and said she thought he had taught her to play the accordion when she was 10 years old.

It turned out the man was whom she thought. He had been her music teacher when he was 20 years old, before he became ill.

Sister Christine said when the woman approached him, he remembered her. He said later it brought back a lot of happy memories for him.

You can never know who the person you walk past is.

Hard times and illness can happen to anyone and as a community we need to thank and assist the organizations and people who work hard to make peoples' lives better.

This does not mean that everyone is willing to talk about his or her problems.

If you head down to a drop-in centre or shelter and offer to volunteer your time, you can bet you'll make some new friends and learn a lot.

Society has so many misconceptions about people who are homeless. The truth is, they are people, just like everyone else.

Talk to them. Talk to the people who volunteer at shelters and drop-in centres.

They have stories to tell that you can't imagine, and when you leave you'll be so happy to have met the people you did.

Make a donation or volunteer some of your time. You don't have to give everyone you see \$5, and I don't think they expect that.

Often what people need more is for someone to just smile and say hello. It won't cost you anything, and you'll be glad you did.

TSUNAMI OUTREACH

We have all witnessed the media coverage of the tsunami disaster over the holidays. In our own way, each one of us has been affected. Although actual survivors are the most traumatized, secondary trauma can also occur as a result of learning that someone you know has been affected, worrying about families involved or witnessing the events through television. It is helpful to understand that this is normal and part of your way of processing what you have seen.

SOME COMMON REACTIONS TO TRAUMATIC EVENTS:

- Trouble with concentrating or remembering things
- Hypervigilance or an increased startle response
- Recurrent visual images, nightmares, or flashbacks
- Difficulty sleeping or eating properly
- Feelings of helplessness, sadness, numbness, or depression
- Questioning your beliefs and sense of meaning in the world
- Any other atypical behaviour, emotion, or reaction

Students at Conestoga College may find themselves personally affected by the Tsunami disaster, either through personally knowing someone who was impacted or as a result of secondary trauma. If you had a recent personal loss, you may also be triggered. Realize that what you are experiencing is a normal reaction to abnormal events. However, if these symptoms persist beyond several days, professional help is available. There are a number of things you can do to assist you through this time. The following list is not exhaustive but does provide some suggestions.

WHAT TO DO:

- Talk through what you are feeling to help prevent the shock from getting worse
- Limit your exposure to traumatic media coverage
- Try to maintain most of your personal routines (eg. attend classes, exercise, eat regular meals, relax, and perform normal activities)
- Try not to use alcohol, drugs, or excessive sleeping as a means to avoid these painful feelings
- Channel your feelings into productive action. If possible, you can donate to the relief fund drive for Red Cross during the week of Jan. 10-14 on campus at the CSI and Student Services Offices. Later donations can be made directly to agencies such as the Red Cross, UNICEF, and CARE.

If you or someone you know has been affected by the Tsunami disaster, counselling services are available through Student Services (Doon - Room 2B04; Waterloo - Room A3; Guelph - Room A2).

Student Services
Conestoga College

The situations people are in can vary. One man said he stays in shelters and travels in the summer because he chooses to.

At first he, told me he just enjoyed it, and after considering it for a few minutes, said he is afraid of living the life he used to with his family. He is afraid of letting them down.

Another man is unemployed and

Japanese class a cup of tea

By JENNIFER ORMSTON

“Konbanwa,” said the pupils as they shuffled into a classroom at Conestoga College’s Waterloo campus on Dec. 6, the final night of their 12-week continuing education course in basic conversational Japanese.

The teacher, Michiyo Uchida, a traditional Japanese woman according to one of her students, Christopher Dahmer, replied “Konbanwa,” which means “good evening” in Japanese.

The Japanese course began in the fall of 2003 and has become a popular addition to the college’s continuing education language program, which currently offers instruction in seven languages, including French, Italian and Chinese.

Yolande Greenstein, co-ordinator of languages for continuing education, realized how popular the basic Japanese course was after sitting in on one of the classes last fall. At the end of the lesson, she asked the students if they had any questions. In response, the students expressed significant interest in the introduction of an intermediate course, which would allow them to continue their study of Japanese.

From there, the program began to grow. More than 70 per cent of the students in the basic course signed up for the intermediate one, said Uchida.

“And following the winter 2004 basic course, 70 per cent of that group also signed up for the intermediate course.”

“It was a quick takeoff,” said Greenstein. “It is really popular.”

As a result of the success of both courses, the college will continue to offer them in 2005 at a cost of \$180 each.

Uchida said she maintains the interest of her students by using a variety of teaching techniques, including exercises from the course text, Japanese for Busy People, handouts, videos, cassettes, overheads and games. In addition to vocabulary and conversational lessons, Uchida devotes a portion of each class to providing her students with insight into Japanese culture. For instance, one night she taught her students about the art of origami, the Japanese practice of folding paper to resemble various shapes.

In the final class of the semester, the students participated in a traditional Japanese tea ceremony.

Before the ceremony commenced, Uchida gave a brief lesson about the ritual, which she said has a long history dating back almost 1,000 years to Buddhist monks who believed the tea increased their concentration during meditation.

Today, Japanese hosts serve tea and small cakes to their guests. However, it is not a simple procedure; one must adhere to a strict code of etiquette, said Uchida, who

attended tea ceremony classes for two years.

“It is not like you just drink the tea!”

First the students were instructed to approach a large red rug, taking tiny steps. Next, they sweetened their mouths with small cakes Uchida had purchased during her most recent trip to Japan. Finally, they were each handed a teacup, which they held in a specific manner and turned many times before drinking. At the end of the ceremony, any tea remaining in the cup was poured on the rug.

The students had nothing but positive feedback about their experiences under Uchida’s tutelage.

Amy MacDonald, a school teacher, said she has learned a lot in the class and believes she will be able to converse with locals when she travels to Japan.

“I will be able to say introductory sentences and ask for prices when I am shopping.”

Hilary Geddy, a freelance designer, said the classes were challenging; however, she thinks she will be able to speak the language when she visits Kyoto this spring as long as the Japanese speak to her slowly.

“It is a whole different language. It is how things are placed that is key. Otherwise, you may end up saying you ate the restaurant rather than you ate in the restaurant.”

Uchida said many people enrol in her Japanese classes because they

either work for a Japanese company or have a Japanese customer.

“Japanese culture is quite different from North American culture, so it is good to learn about Japanese language and culture in a business manner.”

Dahmer, who works in human resources at Toyota, a Japanese company, said he will be sent to Japan on a work-related trip in the future.

“I wanted to learn the basics so I can get by when I am there,” he said.

There are many other reasons

why students register for the Japanese language classes; some people have been offered a job to teach English in Japan, others want to communicate with their Japanese relatives and a number of students are planning trips to Japan, according to Uchida.

For more information on the college’s language courses, pick up a copy of the continuing education winter catalogue, or visit the college’s website at www.conestogac.on.ca.



(Photo by Jennifer Ormston)

Teacher Michiyo Uchida prepares Japanese tea for her students.

No need to get snowed in this winter

By JUSTIN BASTIN

The region is a treasure chest of things to do in the long cold months ahead. If you’re tired of sitting around this season get out and check out the following diverse winter activities.

If you’re not one to brave the frigid Canadian winter there are plenty of indoor activities around K-W.

You can even enjoy the summer-time feel of swimming in a public pool! Whether you live in Kitchener or Cambridge, the W. G. Johnson centre isn’t far away. This pool is favoured by the locals for its unique features. If you get sick

of simply swimming, the Johnson centre also has a Tarzan rope to swing off of, a giant water slide, a public whirlpool, and a one-metre diving board. For location and hours call 654-9001.

If you’re not one for swimming the Johnson centre also offers a variety of alternative programs such as various forms of yoga. The student who wants an alternative way of getting fit over the winter could try Yoga: Flexible Strength, a program combining many yoga styles and oriented towards increased flexibility. The program runs until March 22, 6 to 7:25 p.m. and costs \$64.20 for 12 weeks. Those looking for a more

hard-core workout can try Sport Yoga: a program designed to make you sweat! The program runs from Jan. 27 – March 10, 7 to 8 p.m. and costs \$30 for seven weeks.

If you have a pair of skates ice skating is an excellent way to stay fit during the winter months without mutilating your pocketbook. The closest arena for students is right here at the college in the recreation centre. Admission for adults is \$2.75 and members get in free. The arena is open Tuesdays from 11 a.m. to 12:50 p.m. and Sundays from 2 p.m. to 2:50 p.m.

Other arenas in the area include

Dickson and the Galt Arena Gardens in Cambridge. For times call 740-4681 ext. 4625 or 4205.

If you happen to have some spare cash lying around you could hit the slopes at Chicopee in Kitchener. Call 1-877-CHICOPEE for rates and hours.

If the snow outside is getting to you, take your mind to a warmer place and join a line dancing class. It is great exercise and good for developing agility. Plus it will keep you warm! Classes for beginners run until Feb. 8 from 2:30 to 4 p.m. at W. G. Johnson. The cost is \$30.

If you’re looking for ways to feed your artistic side why not try a stained glass or wood-burning

class, also at the W. G. Johnson Centre. In the stained glass course you’ll learn the basics of cutting, foiling and soldering with a resident stained glass artist. This course is suitable for both beginners and intermediates.

Classes run from Jan. 27 to March 3, 9:30 to 11:30 a.m. at a cost of \$56 for non-members and \$45 for members.

Wood burning is a fun and relatively complex art form in which intricate designs are burned into a wooden slab using a single tool similar to a soldering iron. Classes run on Monday, Jan. 24 and 31 from 9:30 to 11:30 a.m.

Conestoga College Recreation Centre

Activate Your Life!

A valid student card is required at all times to gain access to the Recreation Centre. Anyone without a valid student card will be required to pay a \$6 day pass to be granted access.

Thank you for your co-operation.

Intramural Champions

Volleyball Champions: SOB

Non-Contact Ball Hockey Champions: The Rookies

Non-Contact Ice Hockey Champions: Wolfpack

BasketBall Champions: Legends of the game

Intramural Sign Ups

Registration up until January 18th for Ball Hockey and Indoor soccer.

Registration up until January 20th for Ice Hockey & Volleyball.

Captains Meeting will be held January 26th at 5pm at the recreation centre, at OT's Sports Bar. Mandatory Attendance

748-3565 ext. 3565

Activities posted daily

Recreation Centre Hours

Monday - Friday
7:00 am - 11:00 pm

Saturday & Sunday
7:00 am - 8:00 pm

Activate Your Life!

THE RED CARPET FORMAL

February 10th, 2005

8PM - SANCTUARY

The Sanctuary transformed

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Menu:

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Tickets available in the CSI OFFICE

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Taking horsemanship to the next level

By MELISSA HANCOCK

The smell of fresh hay filled the air and the clicking of horses' hooves echoed down the long paddocks of Bayus Stables in Bright, Ont. The anticipation of the evening's event was making me feel impatient, but I breathed in deeply and the crisp air calmed my on-edge nerves.

If you've ever fallen in love, not with a fellow being, but rather with an animal — a horse to be exact — you might know where I'm coming from. For me, sitting and watching such a beautiful animal is a luxury.

On Jan. 6, I was given the opportunity to accompany a young woman to the stables where she boards her five-year-old, Clydesdale-thoroughbred mix named Jewelius.

Jana Chaloupecka, 26, of Kitchener, invited me to a private demonstration of the unique horseback riding technique she uses with Jewelius.

"He's my baby," she said as she opened the door to his stall so he and I could be properly introduced.

He stands 17.3 hands tall, she said, which is how a horse's height is measured. Every hand equals four inches, making Jewelius just shy of six feet tall at the withers (the highest part of the horse's back).

With my height of five foot two I was, needless to say, overwhelmed by his presence.

Chaloupecka's demonstration began as soon as Jewelius stepped out from his stall.

For about three years, Chaloupecka has been using Parelli Natural Horsemanship (PNH) as her way of riding and training.

Pat Parelli of Colorado, she told me, is the man behind the amazing riding technique. He conducts

assessments of riders' progress through the 10-level Parelli program.

The program has been constructed to improve all interaction between horses and their riders.

When it comes to the Parelli way, Chaloupecka said, a rider has to learn to be a minimalist.

"You also have to let them (horses) have fun and be social," she said. "That's how they are in their natural setting."

The Parelli techniques have calmed her down a lot, she said, and now Jewelius is more calm too.

"When we would get into a stressful situation before," she said, "I used to freak out with him. Not anymore."

PNH teaches you how to have a high level of patience and Chaloupecka said that is one of her biggest accomplishments.

Parelli is all about "taking the time it takes, so it takes less time," she said, which is one of Pat Parelli's favourite sayings.

Chaloupecka told me about the program and how it works.

There are 10 levels to complete, she said, and each level you can buy on DVD so you can teach yourself.

That is how Chaloupecka does her training, alone. She is the only rider at Bayus Stables who practises the techniques.

When asked if she found it difficult or frustrating, she said only a little bit, but most of the time she does OK.

There are distributors of PNH all over the world. Armstrong, B.C. is the home base for Canadian riders, she said, but they are in the process of relocating elsewhere in British Columbia.

Larry and Leslie Stewart first became interested in PNH in 1993 when they saw videos of Parelli's



(Photo by Melissa Hancock)

Jana Chaloupecka says her horse, Jewelius, is rewarded with rubbing when he does what she asks.

way of training.

Over the next couple years, the Stewarts became the sole Canadian distributors of PNH.

"They're so nice," Chaloupecka said. "You can send them videos of yourself and they'll look over how you're doing and give you the feedback you need."

She met Leslie and Larry in Hamilton and later Chaloupecka went to a clinic in British Columbia where she got her Level 1 assessment.

There is also a Parelli helpline that can be called for assistance during the levels of training, she said, or anytime you have a question, or need guidance.

"The support system for Parelli is great," she said.

Chaloupecka is currently working to complete her third level of training and said after she completes the level, she would love to have her own colt-starting program. She would train other people's horses using PNH right from when they're very young.

She hasn't always used PNH with her horse, she said, but now she can't imagine what riding would be like without it.

"I'd be paying someone else to train my horse."

She also said she could see herself facing many barriers in training such a young horse.

"I used to put him in cross-ties," she said, when grooming him. Now, she can let him out of his stall and he will just stand and let her get him ready to work without a fuss.

"You have to let horses be horses," she said. "If you ask them, not tell them, to do something, they will respect you enough to do the things when you ask."

Chaloupecka demonstrated how she can ask Jewelius to back up for her by simply placing the tips of her fingers on his chest and applying a small amount of pressure.

She then put Jewelius back in his

stall when she was done grooming him and lead me to the indoor arena to watch riders who do not follow Parelli techniques.

After the other riders were done, she got Jewelius from his stall and the demonstration began.

"It's a lot of work," she said as she put on his thin rope halter.

She said she does not use a bit in Jewelius's mouth when she's training him or when she's riding him because she's learning to use the pressure points on his face, rather than guiding him by his mouth as traditional riders do.

"The biggest benefit is the partnership you develop with your horse."

*Jana Chaloupecka,
horse owner*

For about an hour and a half, Chaloupecka showed me several things she and Jewelius had been working on.

She spent most of the time working him from the ground.

"The biggest benefit," she said, "is the partnership you develop with your horse."

She unclipped the lead rope from his halter and had him walk, trot and canter in a circle around her, only using hand movements and voice commands.

Later, she even let me try one of the games she plays with him which Parelli calls the yo-yo game.

She handed me the lead rope and said, "Look sternly at him and wiggle your finger."

As I did so, he responded by backing up.

Getting a horse to back up without any trouble can be one of the most challenging things to do, Chaloupecka said.

"Now, crouch down and slowly reel the rope in," she said.

Jewelius then began to walk toward me.

Nearing the end of the demonstration, Chaloupecka said she lets him wind down sometimes by letting him play with his exercise ball.

Yes, Jewelius has his own inflated, yoga-like, pilates exercise ball. He plays soccer with it, sort of. She said he used to be afraid of the ball, but using PNH, she has learned how to ease his weariness of foreign objects.

Horses are also claustrophobic by nature, she said, and now she can successfully ask Jewelius to squeeze through nearly any small space.

Leslie Stewart, the Canadian distributor, said PNH is effective because it is teaching people how to teach horses.

Some horses won't even walk through puddles, Stewart said. To them they look like holes in the ground.

"Then some people think 'what the hell's the matter with you?' and become frustrated with their horse," she said. "Parelli helps people look at horses in a more understanding way, rather than a judgmental way."

Some people think the only way to get a horse to do something is by using bigger bits and bigger spurs, Stewart said.

"When you think about it though," she said, "a fly can get a horse to move."

Many horses are kept in small stalls and they are not very happy campers, she said. It is important to let horses be themselves and be free to act as they would with other horses in the wild.

"Heaven forbid they bite one another," she laughed. "They can still be safe and do what they would normally do."

That is why the term Parelli Natural Horsemanship came to be, she said. Letting a horse be as natural as possible and working with him will get the best results for a true partnership.



(Photo by Melissa Hancock)

Jewelius, a Clydesdale-thoroughbred mix, loves to play with his exercise ball.

Celebrating the art of henna

By JENNIFER HOWDEN

Thanks to celebrities like Madonna and Demi Moore, henna has become a Hollywood trend.

However, to millions of people in the Middle East it is a way to celebrate holidays, festivals and weddings.

The tradition of henna, also called mehendi, originated in North Africa and the Middle East. It is believed to have been in use for the last 5,000 years.

Henna is a tropical shrub which has leaves that, when dried and ground into a paste, give out a rusty-red pigment, which is used for making intricate designs on hands and feet.

The paste is prepared by grinding dried leaves and mixing it with water. The paste is then squeezed through the tip of a cone to draw patterns on the skin. The paste should stay on until it dries and becomes hard and crusted, which can take three to four hours. After it dries, the remains of the paste are washed off. The skin is left with a rusty-red imprint, which stays for weeks.

Sheetal Sharma, 21, has had henna applied to her hands and feet many times and says the hardest part is waiting for it to dry.

"You have to sit still for a while and you need to make sure you go to the washroom before putting it on. When you have the paste on both your hands you're screwed if you need to go," she said.

Henna is usually just applied on women, however, men have used it in the past when they were going into battle. Females of all ages can wear henna.

Sharma was about five years old when she used henna for the first time.

"My grandmother put it all over

my hands because she thought I would just ruin any kind of pattern at that age. She was right because I ended up getting the paste all over the house. I felt really grown up having it on though, because I had seen my mom and grandmother with it," she said.

There's nothing strictly sacred or spiritual about it, but applying henna is considered beneficial and lucky, and is always seen as beautiful and blessed. This is why it is most commonly applied during a celebration.

One of the celebrations is the Hindu festival Karva Chatuthi. This is when Hindu women fast from sunrise to sunset. Married women fast for the long life of their husbands and a single woman does it in hopes of finding a handsome and successful husband. The fast is broken when a married woman sees the moon and a single woman sees the North Star.

During the day the women get together and apply henna to their hands to pass the time and to celebrate the festival.

Last year, the festival fell on Oct. 31. Sharma got together with about 15 of her female relatives to celebrate.

"We just put henna on each other's hands and had a good time. It's a tradition and it gave us a chance to get closer," Sharma said.

Although henna is generally used in many Hindu festivals and celebrations, Hindu weddings have become synonymous with the dye.

Henna is a way for a woman to show the world she is getting married. The current trend is to get it done at a beauty parlour but the tradition is for the bride's family and friends to visit the bride the day

before the wedding and do it for her.

A bride's wedding designs usually includes a hidden inscription of the groom's name on her palm. It's believed that if the groom can't find his name in the designs, the bride will be more dominant in the relationship. Sometimes the wedding night is not allowed to start until the groom has found his name.

It is also believed the darker the henna is the more the bride's mother-in-law will love her. As a result, women will leave the paste on for hours to try to get it as dark as possible. They will also try different ways to make it darker such as painting a mixture of lemon and sugar over it, applying heat or applying pressure.

There is a tradition that as long as the henna is visible on the new bride's hands she doesn't have to do housework. This has led to many mother-in-laws joking about the bride going to beauty parlours for touchups so she never has to do housework.

There are texts through history that shows henna goes far beyond the bridal and celebratory use. Henna has been used as part of battle, victory, guerrilla warfare, martyrdom, rebellion and taking one's life after a husband's death in battle.

Henna is also used to colour fingernails and cool down hands and feet on hot days.

There are no side effects with the traditional henna, however, as henna has become more popular many people are using black henna which contains para-phenylenediamine (PPD) to give themselves temporary tattoos.



(Photo by Jennifer Howden)

Geetu Sharma applies henna to Jennifer Howden's hand.

Traditionally henna is applied to both hands and the pattern is up to the imagination of the person applying it.

PPD is an industrial chemical that can cause oozing welts and damage to the skin. It is better to use a substance called temptu, which does not hurt your skin. Temptu is what the motion picture and television

industries use to create temporary tattoos on actors.

"Henna shouldn't hurt you," Sharma said. "All it should do is leave gorgeous designs on your skin."

Astrologists predict big things for 2005

By PAIGE HILTON

UFO sightings will be explained. Light will become the world's most powerful healing tool. The Mediterranean Sea will rise and separate Middle Eastern countries now in conflict. These are just some of the predictions astrologists and psychics are making for the year 2005.

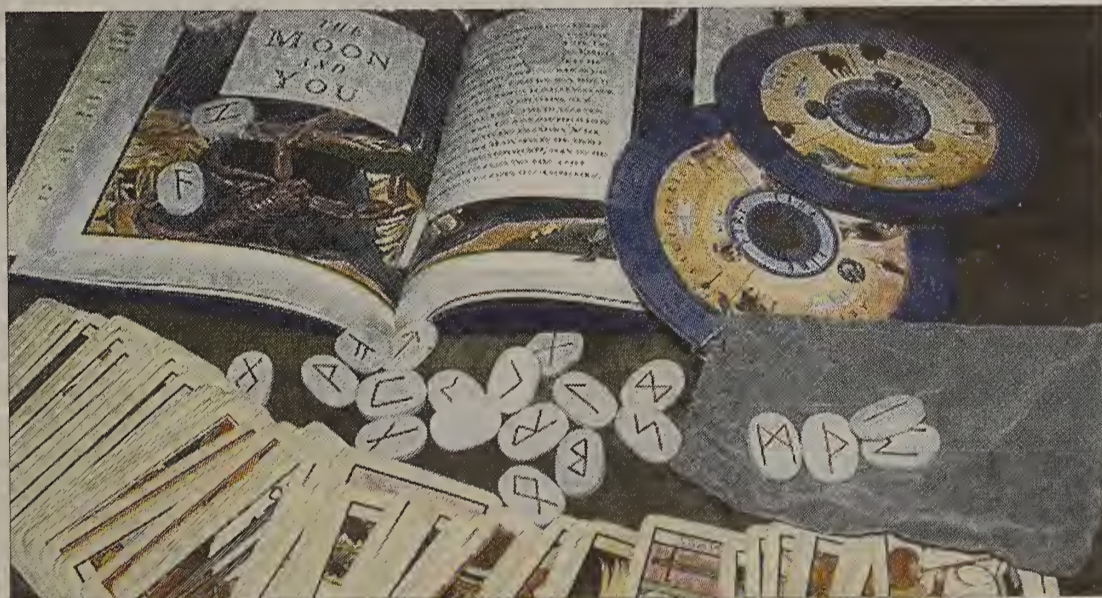
Whether or not you believe in astrology, these and other predictions must catch your attention and make you wonder if any of this could really happen.

An astrologist writing for aquasoul.com lists 22 major predictions for this year. These include prophecies about the war in Iraq, the United States becoming involved in weather modification and the Internet and independent media gaining power.

Arthur R. Gianfermo writes citizens of the U.S. will call for a withdrawal of military in Iraq following the elections in the war-torn country. He states the elections will fail to stabilize the country or bring democracy.

By July 2005, Gianfermo guesses speaking out against the administration will become widely accepted in the U.S.

Speaking of America, Gianfermo has also predicted a stronger movement to impeach President George W. Bush after his government is accused of treason following cover-



(Photo by Paige Hilton)

Astrology books, rune stones and tarot cards are some of the tools people use to predict the future.

ups of the Sept. 11 terrorist attacks.

A prediction that may not seem as surprising is whether the U.S. military and the Pentagon will become involved in weather modification after it is discovered the military is capable of using rain, storms and fog as weapons of warfare.

Another puzzling prediction Gianfermo makes is Internet blogs and online magazines, called webzines, taking the place of mainstream media.

He also predicts UFO sightings

will finally make sense and be explained through spiritual means.

And, for you sci-fi fans, Hollywood may remake the two alien movies John Carpenter's They Live and V: The Final Battle.

Another astrology website, psychicfred.com, made the prediction that light may become a great healing tool, and by 2015 there will be few surgeries that require a patient to go under the knife.

Fred Fassett, the psychic behind the website, also predicts the uni-

verse will do its part in breaking up conflict in the Middle East by separating the countries with the rising waters of the Mediterranean Sea.

Fassett predicts many geological and climate changes in the coming year, including widespread earthquake activity - often in places where earthquakes rarely occur.

He also urges the readers of his site not to let the threat of terrorism rule their lives. He predicts there will be peace once countries can follow their own paths to success and writes

the military the Western world has sent overseas has only worsened the situation in the Middle East.

There are also sources for more practical information. The Old Farmer's Almanac is one of the most recognizable sources for these yearly predictions. The Almanac was originally published to provide people with the latest weather, planting and sunrise charts for farmers, as well as new recipes.

The publication, which comes out every September, has expanded over time and now provides information on astronomy, gardening, food and good days to go fishing.

Almanac.com lists the best days in January and February 2005 to get things accomplished. The best days for losing weight and quitting smoking are Jan. 27 and Feb. 23 and 27.

If the camping bug bites you this winter, the best days to go are Feb. 3 and 4. And if you have to make a dentist appointment, the Almanac states the best days to get your pearly whites checked out are Jan. 28 and 29 and Feb. 24 and 25.

Whether you are perplexed by these predictions or just want to find out when to quit smoking, there is information available in books, magazines and on the Internet.

Will Bush be impeached? Will there be peace in the Middle East? Will there be an earthquake in Canada? We'll just have to wait and see.

Students favour body supplements

By JON YANOFF

Have you ever seen supermodels on TV and wished you had bodies like them? Body-building supplements such as protein, creatine, or nitric oxide (NO2) may help, because they improve the overall appearance of your body.

Some students at Conestoga College use body-building supplements and are happy with the results.

Second-year paramedic student Brennan Kincaid said using body-building supplements is the best way to get bigger faster.

"They increase your metabolism which allows you to eat more," said Kincaid. "In return you generate more energy giving you the ability to do more reps and sets, increasing your size and strength."

Kincaid said he uses protein, creatine and NO2 products but he

believes NO2 is the best product on the market.

"NO2 helps me significantly," he said. "It optimizes fast twitch muscle strength which enhances my muscle growth and recovery."

First-year police foundations student Matt Krug said taking a scoop of protein every day allows his body to stay in shape.

"Protein helps me keep my weight and muscle mass up," said Krug, "so if I miss a workout I don't lose muscle."

Krug said he started using body-building supplements at the start of the fall semester to help gain weight for his program.

"It helps me maintain a healthier diet and get stronger," he said.

Krug said he also recommends Krush 4 - the 4th generation Creatine Delivery System.

Krush 4 is an advanced formula designed to improve creatine

delivery and storage. It also stimulates insulin secretion, improves ATP production, increases blood flow and enhances muscle recovery.

The Creatine Delivery System



(Photo by Jon Yanoff)

Krush 4 is a popular protein supplement among Conestoga College students.

increases the rate of creatine being transported to the muscle cell.

Second-year manufacturing engineering student Blair Jones said he uses protein to help recuperate his muscles after he works out.

"I started using protein this summer," said Jones. "It's allowed me to reach muscle mass plateaus and it gives me more energy for faster results when I'm working out at the gym."

Chris Lucas, a General Nutrition Centre (GNC) sales associate, said you always want to use protein when you workout because it maximizes your workouts.

"Working out allows protein to break down muscle tissue, the tissue repairs so protein absorbs it quicker," he said. "Thermogenics then give you energy allowing for more muscle build-up."

Lucas said young guys come in

GNC looking to become the body-builders in magazines. "That's a product of misinformation since it takes time and patience to build muscles."

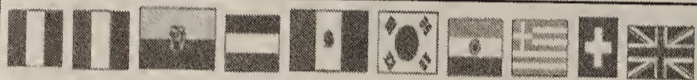
Although body-building supplements help improve your body, they have also been known to have negative side-effects.

Johanne Fortier, a pharmacist at the Pioneer Park Pharmacy, said body-building supplements aren't a balanced drug to use.

"Some supplements are hard on your kidneys," she said. "There may be some byproducts in them you don't need."

Fortier said she doesn't recommend most body-building supplements, but protein is the safest.

"Someone who may want more protein in their diet is fine," she said, "but, a balanced diet while working out is the best way to improve your body."



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CISV (Children's International Summer Villages), Waterloo Region is a volunteer non-profit organization promoting peace education and cross-cultural understanding through children. There are no religious or business affiliations.

Learn more about CISV at:

www.cisv.ca or www.cisv.org

"It was the most amazing experience ever!"
Angela, Canadian Delegation Leader to Finland, 2004



(Photo by Jon Yanoff)

First-year police foundations student Matt Krug holds a bottle of whey protein isolate in the Doon Health Food Store. Isoflex is a protein product designed to build muscle mass during exercise.

COUNSELLOR'S CORNER: Coming Out

Everyone has a sexual orientation. We may feel attracted - emotionally and physically - to someone of the opposite sex, someone of the same sex, or to people of both sexes. Sometimes, we may even feel as though we are a gender different from that of our birth - and then feel confused about our attractions to others and our choices for a partner. Conservative estimates suggest that one in ten people are gay, lesbian, bisexual, or transgendered. Typically, while heterosexual people participate in dating throughout adolescence, people of an alternative sexual orientation may begin to explore their sexuality only after they have left the formative years, their family, hometown, or previous personal identity.

Some people make the transition in coming out smoothly: accepting one's sexuality may feel like a period of finally "coming home." However, for others it is a task filled with pain, self-loathing and lack of support. This may be complicated by feelings contrary to messages received while growing up, one's definition of "normal," or one's religious upbringing.

Gay, lesbian, bisexual, and transgendered people need a supportive environment that nurtures positive feelings about their sexual orientation. The road to understanding, accepting, and celebrating one's sexual orientation often cannot be traveled alone. If you are confused about your sexuality, need support, or would like to know of resources available in the community and at the College, counsellors in Student Services can help.

A Message from Student Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

Flight vs. Fight:

A transportation comparison for your next trip to the sunny state of Florida

By DENISE MULLER

It's like Ben Folds Five sings, "6 a.m., the day after Christmas, throw some clothes on in the dark, the smell of cold, car seat is freezing and the world is sleeping."

Except it's not 6 a.m. and it's not dark anymore. It's Christmas Day, the day after my Christmas, although it already feels like any other winter day.

A friend picks me up on her way to Stouffville and drops me off at Pearson International Airport.

I'm checked in and ready to go within 15 minutes, but still have a few hours before my flight to Atlanta with a connecting flight to my winter vacation destination, Tampa, Fla. Before I've even left the check-in desk to head out for a smoke, I'm informed that my flight has been bumped from 5:20 p.m. to 6:30. No biggie. What's an hour?

The airport is nearly empty, except for a few families stressed out from holiday woes and some business people who have probably forgotten what day it is.

After my cigarette, I wander the terminal aimlessly, refusing to go beyond the security check just yet, afraid I may want another smoke once on the other side. I decide to grab an early dinner since my lay-over time in Atlanta has been split in half by the delay.

It's freakishly empty at the Terminal 3 Swiss Chalet, which is usually unbearably full and loud. Despite the absence of a lot of travellers, it's still unbelievably loud in the restaurant. The staff seems to be about as thrilled as I am to be there today. They also ran out of Clamato juice for my Bloody Caesar.

Mmm ... tomato juice and vodka. And so I realize that the potential calamity of my travels has started.

Unfortunately I was right. The flight to Atlanta had been delayed again. The two prior flights out had been cancelled. Now I'd be lucky to fly out at 8:30 p.m. Now I would miss my connecting flight altogether.

I called my dad, who drove to Florida. He had left on Christmas

Eve with his girlfriend, Monika, and her two girls, Natalie and Bianca, in tow. That was something I wasn't prepared to do. Instead, I opted to spend Christmas Eve with my mom and take a one-way flight to Tampa the next day, and meet them there. Daddy is already 160 kilometres outside of Tampa.

I'm starting to regret flying more and more. The fluorescent ceiling lights in the waiting area at the gate - that I was carted out to by bus - hurt my eyes, and the little boy who finally fell asleep beside me is making snotty-nose noises as he breathes. The \$3 coffee is becoming more and more inviting as I devise a plan to find somewhere to have a smoke.

With an over-priced coffee in hand, I settle down near an attractive guy wearing cowboy boots. Away from the hustle and bustle of the café and ticket desk at the gate, I crack open my book and start reading.

"We would like to regretfully announce that flight DL4346 to

Atlanta has yet again been delayed. We estimate departure time at 9:30 p.m." rambles off someone over the PA system.

Apparently there's some bad weather in Ohio.

I call my dad again to update him. They're in Tampa already.

As the snow begins to flutter to the ground outside, I get my connecting flight changed and receive a \$10 food voucher. I decide to inquire about smoking.

After having not smoked because all the establishments in the airport are closed - and heaven forbid I smoke outside because I could blow up a plane - I cash in my food voucher for an incredibly stale BLT and another watery coffee.

Houston, the eagle has landed.

A small round of applause and a few cheers erupt from the gate, followed by the rustling of winter coats being snatched up and backpacks being slung over shoulders. Hold on people, just because the bird is on the ground doesn't mean it's ready for boarding yet. We still have a good 20 minutes before boarding time.

Once boarding is announced, the lineup is long. But the moment of truth comes quickly: I give the gentleman at the gate my passport and my new boarding card.

"That's funny, you don't look like a Mr. Jeffrey So-and-so," he says.

WHAAAT??? The flight-desk lady gave me the wrong boarding card. Oh my God! OH MY GOD!

It's OK, everyone stay calm. It's a minor glitch in the grand scheme of glitches tonight. And, with a few quick keystrokes on the computer and about five minutes, I'm in my seat, on the plane. 6A. Lots of legroom. Free drinks.

The flight attendant is a lovely little redhead in her 40s with a better southern accent than Dr. Phil.

With a touch of sarcasm she announces it is her duty to show us how to use the seat belts even after she just explained it. She hangs up the announcer-phone, and with exaggerated hand motions and facial gestures, goes through the motions of buckling and unbuckling the demo seat belt. Once finished, she holds up the two ends of the seat belt with her pinkies pointing straight up. She does a little curtsy and the people on the plane chuckle and applaud her.

I am surprised these people have a sense of humour left after all this time. I applaud too.

The Asian woman beside me cuts a mango with a plastic knife. I settle in and, once again, start reading my book.

At 9:45 p.m., the pilot welcomes us onto the plane and apologizes for the delay. And then comes the bad news: while gassing up, the fuel truck ran into problems and now another fuel truck needs to be found. He says the estimated flight time is one hour and 50 minutes.

Even if we take off right now, I will still miss my new connecting flight to Tampa.

I must have verbalized my frustration because the man beside me sympathizes. He has the same connecting flight out of Atlanta as I. He says our flight is probably the last one out of Atlanta for the night. Oh good.

By 10:15 p.m. we're still waiting for fuel.

At this point I'm afraid to ask what else is going to go wrong. I'm about ready to get off the plane, screw my vacation in Florida and just go home and bum around the house for a week.

The man sitting across the aisle, up one row has taken off his socks and shoes. Yum. Go ahead, make yourself at home, sir. Like recycled air isn't bad enough.

At 10:30, the flight attendant closes the doors and announces that the plane is fuelled and off to get de-iced and then we'll be ready for takeoff. We start moving almost immediately. I had just finished updating my dad on my flight status.

Apparently his plans have gone sour too since the last time I talked to him. He got to the trailer we were to stay in, only to find the elderly lady who owns it still there. She wasn't expecting us until Boxing Day, and wasn't prepared to leave either.

Dad told me he checked himself and company into a hotel in Tampa for the night. I imagined him, Monika and the kids piling back into the van. I could see him driving, white knuckled, to the nearest hotel.

Merry Christmas.

Outside the little rounded window, the glistening specks coming out of the sky turned to large, fluffy snowflakes briefly, and then disappeared altogether.

Eleven p.m. Could it be? We're actually in the air on the way to Atlanta? Fingers crossed, I settle in for the long haul.

Continued on Page 12



(Photo by Denise Muller)

The Ambassador Bridge offered a foggy, early-morning welcome to home turf. After an almost 20-hour drive, it was a real relief to cross the bridge. We were almost home.

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Fun in Florida

Continued from Page 11

Arrival time in Atlanta: 1 a.m., Dec. 26. Primary objective: to get another flight out of here, ASAP.

After swearing enough under my breath to make Eminem blush, I've been OKed for a flight to Tampa at 1:30 p.m., Dec. 26, but put on standby for an earlier flight at 6:35 a.m. With two food vouchers and a hotel room voucher in hand I call Daddy. I find the nearest smoking lounge and quickly light up a cigarette to suppress the stress-related tears.

After wandering the airport for more than an hour — to find out what's going on with my luggage and where the check-in counter is — I finally manage to relax in a Comfort Inn room for a quick hour-and-a-half snooze before it's back to the airport.

I make my way through the airport, find the gate, grab a bagel and what is probably the worst coffee I have ever had. Then it was back to the gate to stand in line for a seat on the early flight out.

The moment of truth comes as I approached the ticket counter and hand over my passport and ticket information. Drum roll please. WOO HOO! I have a seat on the plane. Tampa, here I come ... hopefully.

This plane smells. But I don't care, as long as it takes off and lands in Tampa, Fla. That's all that matters to me now.

The plane hits the tarmac around 8 a.m. and I am pleasantly surprised, after this disastrous trip, to see my suitcase rolling towards me on the conveyer belt near the exit.

I head outside, suitcase in hand, light up a smoke and call my dad.

From there, the rest is history. We got our trailer, saw Magic Kingdom, MGM and Seaworld, collected seashells and spent New Year's Eve outside. After all, life is good.

Then came the drive home. Although not nearly as hectic or stressful as flying, you don't realize how strung out you are from the drive until you try to go to sleep that night but find yourself waking up every five minutes having some kind of a nervous reaction. I ground my teeth.

We made it home in 23.5 hours, with four gas-station breaks, several pee breaks, one breakfast break and several crappy-coffee breaks. We packed sandwiches and leftover pork chops for dinner.

The kids were surprisingly quiet for the whole drive — they watched a total of six movies and slept for an amazing eight hours.

I didn't even touch my personal portable DVD player or Game Boy. When not driving or sleeping, I was too preoccupied with taking in all the new sights around me while enjoying some great one-on-one time with my dad.

One thing about such a long trip is certain: cruise control is a beautiful thing, especially for most of the straight sailing on the I-75.

Since most of the driving was done at night, I was unable to fully see the scenery change.

During the day, I saw palm trees make way for African safari-type plains with the occasional lonely twisted tree reaching for the sun. That turned to a thick, carnivorous, unending forest. Then came nightfall, which lent itself to shad-

owy forests and dark ominous mountainsides. By daybreak, we were crossing a foggy Ambassador Bridge over a chilly river with ice floes.

There were only two things that indicated we were heading north. One: each pit stop got a little colder. First the socks came out, then the flip-flops got packed away and the sneakers took their place, and then came the hoodie and finally the mittens. Two: the quality of the washroom facilities increased with each pee break. At the first two stops, I couldn't have been made to sit on the toilet seats if you paid me. And there was no toilet paper.

Gradually, stop by stop, the facilities got cleaner; there was toilet paper, door handles, etc.

Unfortunately, the quality of the coffee remained the same — crappy, watery, gross. By the time we stopped at a Tim Hortons outside of Windsor, I felt like royalty for a moment. I had good coffee to drink and clean toilets to use. That's when I knew we were home free.

While on the road and chatting with my dad, we came to the conclusion that the 24-hour drive really is too much to take on such a short trip. Even with all the mayhem I had to endure just to get to Florida, I'd much rather fly than drive. At least when you fly, you don't have to worry about staying awake once under way, drinks get served to you and you don't have to concentrate on driving.

If the trip is more than two weeks, then driving might not be such a hassle, because it leaves the option open to stay somewhere overnight and rest before hitting the road again. Although I did get a chance to sleep a little on the way home, it was for no more than two hours and the passenger



(Internet photo)

Florida's Magic Kingdom is a major attraction for tourists heading to Florida.

seat doesn't exactly allow for a comfortable, relaxed rest, even with a pillow.

It's important to keep in mind that the air option is always going to be more expensive than the ground option. I paid just under \$250 Cdn for a "cheap" one-way flight to Tampa with a layover in Atlanta. I also flew out on Christmas Day, which saved me anywhere from \$100 to \$700.

Had my dad and I and the rest of the group flown out Christmas Eve,

we would have been looking at about \$1,000 per person or as much as \$6,000 for the whole group. A tank of gas cost roughly \$30 Cdn (gas is cheaper in the States). That's \$120 each way. Definitely cheaper but much more stressful. And let's not forget, a direct flight from Toronto to Tampa is no more than three hours, with granny in the cockpit.

Three hours or 24 hours? \$250 or \$120. It's a tough choice. A drive through the "seasons" is absolutely

something to experience, just once. Been there, done that, and from now on I'm going to spread my wings.

I've flown a lot in my lifetime, and although chaos at the airport is to be expected, it is rare. Something to the extent I had to endure has only happened to me once before, and I've been on a plane twice a year (at least) for the better part of my life.

The only way I would ever drive to Florida again is on two wheels instead of four, and with lots of



At the Magic Kingdom, I enjoyed a conversation with Walt Disney and Minnie Mouse.

Napoleon is dynamite

By KRISTEN MCMURPHY

It was a movie that played in select theatres with an underwhelming audience response. The characters aren't played by well-known celebrities, and the film is obviously low-budget, with a loose storyline that moves at the pace of molasses. The acting is good only because it's so bad. Yet somehow, since its DVD release over the Christmas holidays, word is getting around about Napoleon Dynamite and people everywhere are adopting it as a new classic.

Co-written by husband-and-wife team Jared and Jerusha Hess, Napoleon Dynamite is based on the short, \$500-budget film Peluea. Its combined cast makes the movie what it uniquely is, but there's no doubt that the main character Napoleon is the star of the show.

Played by 26-year-old Brigham Young University student Jon Heder, Napoleon is quite possibly the most awkward character to ever have existed. The laughingstock and bully punching bag of his Preston, Idaho high school,

Napoleon lives with his grandmother and 30-something unemployed brother Kip (Aaron Ruell), a pasty-white waif who speaks with a lisp and lives to chat online all day with babes.

It's hard not to find humour in Napoleon just by looking at him. A pouf of a red-haired afro sits atop the gaping-mouthed face that isn't complete without a pair of classic nerdy spectacles over his squinting eyes. His facial expression is unchanging and can best be described as a look of confusion, disappointment and constipation.

Napoleon's vintage shirts never fail to be tucked tightly inside his high-waisted slim-fit jeans that are, in turn, tucked into a pair of dark moon boots. He's full of sneers, whines and insults and is known to run away from random situations with his head bent down as though he's charging at something. Napoleon is pretty sure that he needs to brush up on some skills in order to impress females and thinks that the most important ones involve nun-chakus and a bow staff.

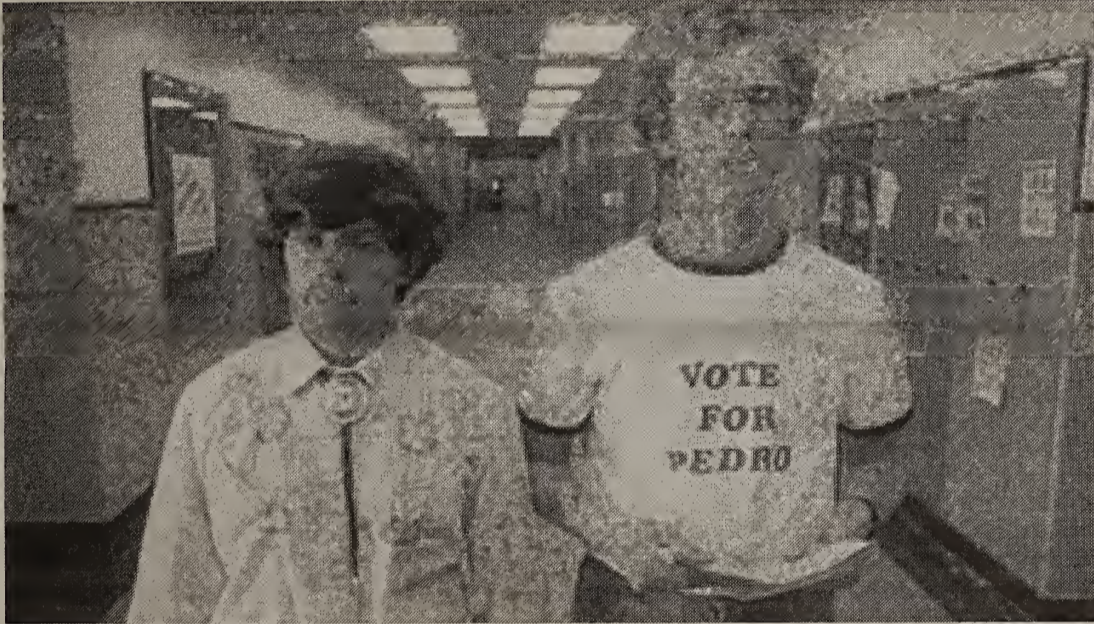
The story of Napoleon Dynamite

begins when Napoleon's grandmother leaves town and sends the overbearing Uncle Rico (John Gries) to watch over him and his brother and, according to Napoleon, ruin their lives.

Napoleon befriends a new student from Mexico, Pedro (Efren Ramirez), who has a sweet bike and is the only kid in the school with a moustache. Together they campaign for Pedro as class president, running against the snobby Summer (Haylie Duff). Along the way, Napoleon develops an awkwardly cute friendship with Deb (Tina Majorino), a Glamour Shots photographer with a love for crafts and the side ponytail.

It's a film filled with unique humour found in the Happy Hands sign language club, Napoleon's killer dance moves, keeping a pocket full of Tater Tots, and believing in time machines.

Will Kip find love in his online endeavours? Will Pedro's campaign be a success after Napoleon's dance contribution in front of the entire school? You'll have to watch it to find out — and you will be glad you did.



(Internet photo)

The stars of Napoleon Dynamite are Efren Ramirez (Pedro), left, and Jon Heder (Napoleon). They are shown campaigning to elect Pedro as class president.

No sure winners at Oscars

By MIKE BORS

With the holiday season behind us it is now time to look forward to the most magical and holy night of the year, Oscar night.

Unlike years past, this promises to be a truly surprising ceremony as there are few shoc-ins in any category.

The best animated feature award will be a battle between the big green machine Shrek 2 and the all in the family film The Incredibles. Shrek was more popular (\$441 million box-office compared to \$254 million for the Incredibles to date) but The Incredibles was the much smarter/hipper/better of the two. Alas, the academy of voters consists of people in the industry (actors, directors, producers, etc...) and these people have picked inferior movies in the past, so they'll probably go with Shrek.

Front-runners for best director are: Clint Eastwood for Million Dollar Baby (he is getting even more critical praise for this film than he did for Mystic River last year); Alexander Payne for

Sideways (although his movie was not seen by a large audience); and Martin Scorsese for The Aviator. Scorsese is a perennial bridesmaid who is the definite sentimental favourite. Other hopefuls for best director are Michael Moore (Fahrenheit 9/11), Marc Forster (Finding Neverland), Taylor Hackford (Ray) and Mel Gibson (The Passion of the Christ).

Best actress is anybody's guess. Kate Winslet gave two strong performances this year, which will only hurt her in the long run as she can only be nominated once in the category. People who enjoyed her as the young single mother in Finding Neverland will sway that way but she is more likely to be nominated as the free-spirited flower child opposite Jim Carrey's straight man in Eternal Sunshine of the Spotless Mind. Other possibilities include Hilary Swank (Million Dollar Baby), Annette Bening (Being Julia) and Scarlett Johansson (A Love Song for Bobby Long).

Best actor seems to be the best bet for a lock this year and that's

thanks to Jamie Foxx who has had the award in his pocket since Ray was released back in October. Paul Giamatti (Sideways) and Clint Eastwood (Million Dollar Baby) will at least have good seats to see Foxx walk up on stage.

This will be an odd year for best picture as well. For starters, it will be the first time in four years that Lord of the Rings isn't in the running so there will be no hobbits running around to trip up the other nominees. Also this year, more than any in recent memory, the winner is not a lock. There are the heavy-hitting critical darlings (Million Dollar Baby and Sideways) the little pictures with big hopes (Fahrenheit 9/11 and Eternal Sunshine of the Spotless Mind) and the big pictures with little hopes (The Passion of the Christ and Spiderman 2). This could even be the year that ol' caterpillar face Martin Scorsese navigates one of his films right up to the podium with The Aviator.

For all it's worth, Feb. 27 will be the first Oscar night in a long time that any movie fan truly needs to watch.



Horoscope

Week of Jan. 17, 2005



Aries

March 21 - April 19

Your natural beauty is shining through. You look great! Keep doing what you have been doing and you will continue to be a shining star.



Libra

September 23 - October 22

Frustration and power struggles are everywhere these days for you. The best way to get through it is with your positive attitude and cheerful disposition.



Taurus

April 20 - May 20

You don't have to read your horoscopes to know you are wild at heart. You are a risk taker and it works well for you. While your choices may be extraordinary to others, for you it's the norm.



Scorpio

October 23 - November 21

Someone close to you is going through a major conflict. You have tried to reach out to them but it's not happening. This is something they will work out on their own, it's not your job to keep them happy.



Gemini

May 21 - June 21

Pull out your poker face and stick it on. Someone is testing your bluff. You are great at the blank stare and will show them up.



Sagittarius

November 22 - December 21

This week you are a leaner. You are relying on the people around you to get your work done. Beware of this. People have taken notice and they are angry; be careful not to burn any bridges.



Cancer

June 22 - July 22

As you advance towards your goals you have become apprehensive and worrisome. Take comfort in all of the choices you do have and just be grateful for the opportunity.



Capricorn

December 22 - January 19

Your special someone is a highlight in your life. There's an extra bounce in your step and a twinkle in your eye. Keep that feeling from fading by showing them how important they are to you every day.



Leo

July 23 - August 22

It's the journey that matters most, not the ending. When you get to the end it will be all of the memories that matter most and the challenges you overcame to get where you are.



Aquarius

January 20 - February 18

You wonder why people can't back off like Lindsay Lohan does. You need to step out of the reality you have created for yourself. No one really cares about your business; it's all in your head.



Virgo

August 23 - September 22

You are suffering from a separation just like Brad Pitt and Jennifer Aniston. While your relationship might be on thin ice, you are still looking for the best outcome in love. It will work out in the end.



Pisces

February 19 - March 20

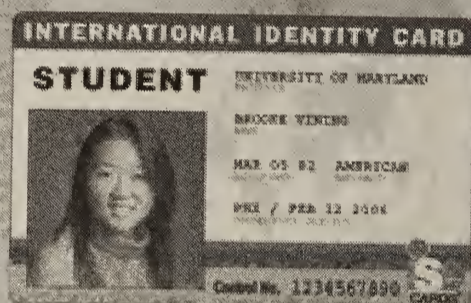
The equipment in your toolbox might be old but it still works. Despite what other might tell you, you can learn new tricks and you will. Stick to your gut feeling, it's the right choice.



Janet Morris is a 2nd-year journalism student in tune with the universe.

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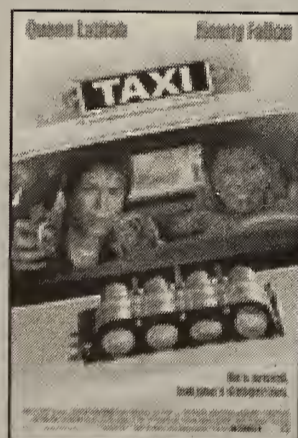
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JANUARY FLICKS



January 12th



January 19th



January 26th

SANCTUARY

LUNAR NEW YEAR PARTY



JANUARY 27TH

SANCTUARY . 6-10PM . JAN 27TH

What do pro sports have in store for the 2005 season?

By JON YANOFF

It was a year to remember.

Professional sports had everything in 2004, from the Boston Red Sox winning the World Series for the first time in 86 years, to the National Hockey League (NHL) lockout.

It was definitely a year of ups and downs. But what will happen this year? There are so many things in the sporting world to look forward to. For instance, how will the NHL lockout end? Or more importantly, will the lockout end this year? NHL commissioner Gary Bettman and the NHL Players' Association

(NHLPA) executive director Bob Goodenow have been talking, trying to agree on a collective agreement that both sides can live with.

On Dec. 9 the players offered the NHL a 24 per cent pay cut on all existing contracts. The NHLPA estimated this would save the NHL \$528 million US over the next three years.

The NHL rejected the NHLPA's offer. The NHL then proposed a counter-offer, which included a salary cap. A cap would see team player payrolls range between a minimum of \$34.6 million and a maximum of \$38.6 million. The NHL's proposal also had changes

to the NHLPA's 24 per cent roll-back offer. Players making less than \$800,000 wouldn't have their salaries altered, but those making \$5 million or more would have 35 per cent taken away from their existing contracts.

It's plain and simple. All the NHL wants is some form of a salary cap and a cap may be the only solution to there being NHL hockey again.

If the NHL and the NHLPA can't agree on a new contract, hockey fans may not be able to enjoy watching the game not only this season, but maybe not for another couple of seasons. If the NHL lockout is prolonged two or three seasons, look for players like Mark Messier and Dave Andreychuk to finally hang up their skates and retire. Detroit Red Wings forwards Steve Yzerman and Brendan Shanahan, Phoenix Coyote forward Brett Hull and Los Angeles Kings forward Luc Robitaille, will also favour retirement if the lockout doesn't end soon. It's probably not the way these future hall-of-famers wanted to end their NHL careers.

On the diamond, Red Sox general manager Theo Epstein has been doing his best so the Red Sox remain a contender. Boston signed former St. Louis Cardinals shortstop Edgar Renteria and former Chicago Cubs pitcher Matt Clement in early December.

Epstein is hoping Renteria and Clement can replace former shortstop Orlando Cabrera and all-star pitcher Pedro Martinez. Cabrera signed with the Anaheim Angels, while Martinez inked a contract with the New York Mets.

I know it's early and other teams are improving their rosters, but I wouldn't be surprised to find the Red Sox lifting the championship trophy come October.

As for Toronto's sports teams the Toronto Blue Jays have been trying to recover their roster from the exit of all-star first baseman Carlos Delgado. The Jays signed Anola, Man. native Corey Koskie, a third baseman, to a contract worth \$17 million over three seasons. Koskie had 25 home runs, driving in 71 runs, during the 2004 MLB season for the Minnesota Twins.

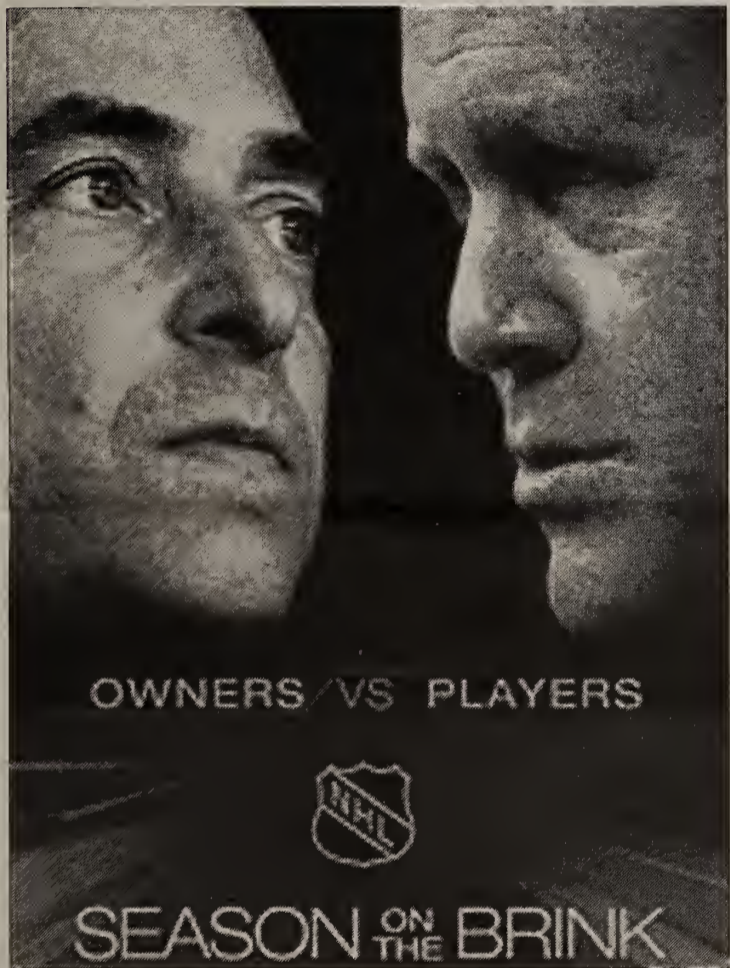
A possible scenario could have the Jays move last year's third baseman Eric Hinske to first base, replacing Delgado. The Jays may also try to sign or trade for a new first baseman, making Hinske trade bait.

In his 12-year career with the Blue Jays, Delgado has hit 336 home runs with 1,058 runs batted in. He will be missed.

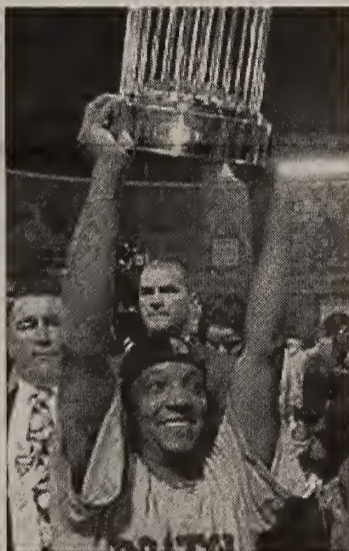
The Toronto Raptors will also be looking to make the playoffs for the first time since 2002. They recently traded away five-time all-star Vince Carter to the New Jersey Nets in exchange for three players and two first-round draft picks.

Another thing to look forward to in 2005 is NCAA basketball's March Madness tournament, which is always exciting for college basketball fans.

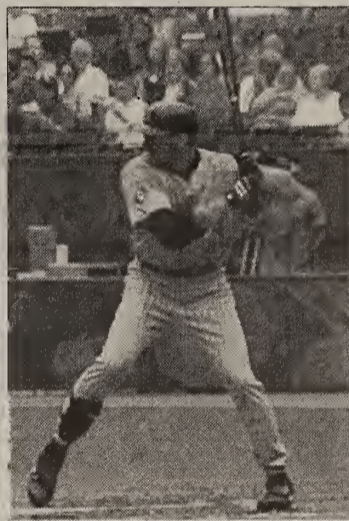
This year looks to be full of questions 2004 left us with. Will the NHL and the NHLPA agree on a new contract? Will Boston repeat as World Series champions? Will the Blue Jays' franchise recover after losing Delgado? Only time will tell.



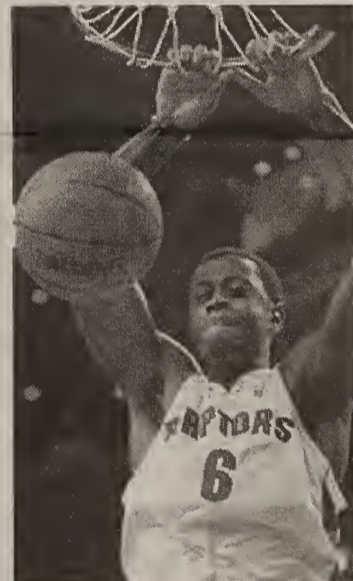
Gary Bettman and Bob Goodenow are taking the hard line when it comes to negotiations.



Pedro Martinez celebrates with the rest of the Boston Red Sox as they bring the curse of the Bambino to an end.



After losing star Carlos Delgado, the Jays hope other off-season additions will lead to a turnaround after last year's dismal season.



The Raptors hope the loss of Vince Carter isn't too much to overcome.

Canada officially becomes greatest hockey nation with World Junior gold

By KATE BATTLER

With the addition of the World Junior Championship to Canada's long list of international hockey titles, it's easy to see why we consider ourselves to be the greatest in hockey.

Canada secured the gold medal with a 6-1 rout of Russia in the finals and outscored opponents 41-6 during the tournament.

The Canadians never trailed on the scoreboard the whole tournament and allowed only one even-strength goal back on Dec. 25, 2004 against Slovakia.

Canada hasn't won gold at the World Juniors since 1997. In the last seven years the Canadian team has picked up four silver medals and two bronze but has been unable to grab that elusive gold.

Many people, including the Great

One, Wayne Gretzky, believe this year's World Junior team is also one of the greatest junior teams ever assembled and it's easy to see why they were able to end Canada's gold medal drought.

This team was just too big, too fast, too strong and way too skilled for most of the other countries to compete with.

Canada had 12 players returning from last year's silver medal team who were hungry for redemption, including young phenom Sidney Crosby.

There were also a number of players, including Patrice Bergeron and Dion Phaneuf, who would have been playing in the NHL, or at least their farm teams, this year but because of the lockout they were able to play for the Canadian team.

This year's team also had the

biggest players Canada has ever entered in the tournament. They averaged about six feet two inches tall and 190 pounds.

Forward Jeff Carter and defenceman Dion Phaneuf became the first Canadians to be named to back-to-back tournament all-star teams.

The World Junior title was the

last piece to complete a Canadian sweep of all the major titles. Canada is now the reigning champion in men's and women's Olympic hockey, the men's World Championship, the women's World Championship, the men's World Cup and finally the World Junior Championship.



Team Canada poses after winning gold at the World Juniors.

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An experience at Lambeau Field

By BRENT GERHART

"Go Pack Go!"

Those are the words echoed constantly throughout any Green Bay Packers home game at the always sold-out Lambeau Field in Green Bay.

Originally opened with a maximum capacity of 35,000 in 1957, Lambeau Field has been sold-out for every game since 1960.

Since then, the stadium has grown to seat 72,569 people as well as hosted many classic NFL matchups, including the classic 1967 "Ice Bowl" where the Packers defeated the Dallas Cowboys for the NFL championship and the Packers' 1996-97 NFC Championship victory over the Carolina Panthers.

The only way to get tickets for a Packers home game is to place your name on the waiting list, and even then, it can take more than 40 years to get tickets.

The waiting list is now more than 40,000 people and continues to grow by the day. Only 72,569

people are lucky enough to have tickets to attend a Packers home game eight times a year, or more if the Packers host a playoff game.

On Dec. 12 I had the privilege of being one of the select few to enjoy the Lambeau experience and take part in many different chants as the Packers hosted an NFC North division rival, the Detroit Lions.

It was a chilly Green Bay afternoon as the 3:15 (Central Standard Time) kickoff began with the temperature at 1 C (or -6 C if you include the wind chill factor caused by a 45 km/h northwestern wind, which increased during the game, making the temperature plummet further).

To fans of most teams, such temperatures would cause them to stay home, but not the Lambeau faithful.

With 70,497 in attendance, approximately 2,072 below maximum capacity, the Green Bay Packers did not disappoint.

After being held off the scoreboard for the entire first half, and

down 13-0, the Packers were booed as they went to their locker room for halftime.

However, the second half was a different story, as the Packers managed to get some offence with a 46-yard field goal off the foot of kicker Ryan Longwell on their first possession of the second half.

After stopping the Lions' next drive with 8:15 left in the third quarter, almost on cue, the snow began to flutter from the sky as quarterback Brett Favre led his Packer offence on the field for a 90-yard touchdown drive, cutting Detroit's lead to a field goal.

As the snow continued to lightly drift down onto the field, a Packers victory was the only thing that could have completed the experience.

With two seconds left, the wish came true.

The game was tied 13-13 when Longwell hit a 23-yard field goal from the Lions' 5-yard line, his third field goal of the game, to send the Lambeau faithful home with a victory.

When the ball went through the uprights, the crowd erupted with a sound that could have been confused with a 747 flying over the stadium.

Fans were high-fiving and hugging whoever they could get their hands on. Everyone was thrilled their beloved Packers erased a 13-point deficit with 16 straight points to win the game.

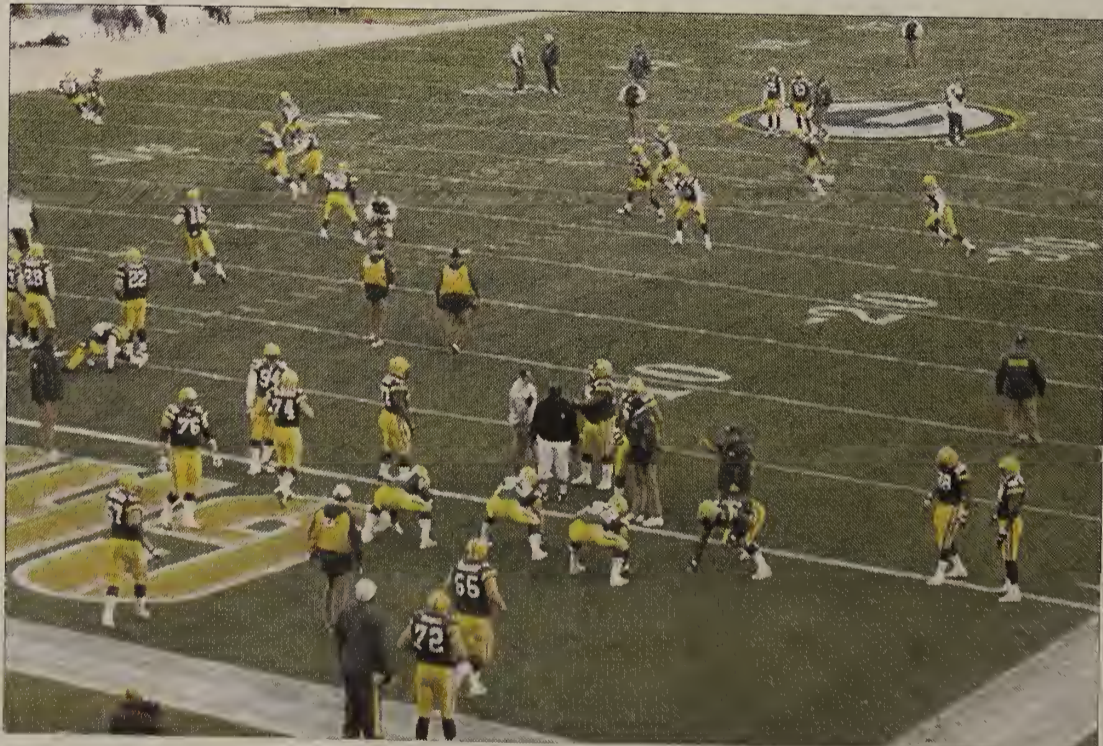
It was a moment I will always treasure.

Although the Packers ended their 2004-05 NFL season at a disappointing 4-5 at Lambeau Field, including a heartbreaking loss to the Minnesota Vikings in their NFC Wild Card matchup on Jan. 10, the Green Bay Packers will do their best to improve their home record next year and bring the prestige back to one of football's greatest treasures.



(Photo by Brent Gerhart)

Green Bay Packers fans walk past the Vince Lombardi, left, and Curly Lambeau statues outside of Lambeau Field prior to a game.



(Photo by Brent Gerhart)

The Green Bay Packers prepare for battle against the Detroit Lions on the frozen tundra of Lambeau, Dec. 12.

Life after Carter

By JON YANOFF

Vincent Lamar Carter was once ticketed as the franchise for the Toronto Raptors. But Carter demanded to be traded before training camp began this season.

General manager (GM) Rob Babcock spent most of his time since Carter's demand looking to find the best trade offer to satisfy the needs of the five-time NBA all-star, and the needs of the Raptors.

A trade that was widely rumoured would have sent Carter and forward Jalen Rose with guard Milt Palacio and possibly forward Jerome Moiso to the Portland Trailblazers in exchange for forward Shareef Abdur-Rahim and either guards Nick Van Exel or Derek Anderson, along with centre Vladimir Stepania.

This deal would have made sense financially, since the swap would have erased the high salaries of Carter and Rose. But Babcock was keeping his eye on the future, as he wanted a deal which included draft picks.

Babcock asked every GM in the league if they could better a deal being offered by the New Jersey Nets which included a former NBA all-star (Alonzo Mourning), a legitimate starting forward (Eric Williams), a reliable forward off the bench (Aaron Williams), and building blocks to reform the franchise (two future first-round draft picks). No GM could top this deal with the Nets, so Babcock pulled the trigger and sent Carter to New Jersey on Dec. 17.

Though Mourning expressed disinterest in playing for Toronto, Babcock still made the transaction. Mourning was immediately placed on the injured list with tendonitis in his right knee and has yet to report to his new team and he may never play for the Raptors.

Mourning missed the entire 2002-03 season with focal glomerulosclerosis when he was a member of the Miami Heat. Focal glomerulosclerosis is a common form of kidney disease that can cause permanent kidney failure.

Mourning had a successful kidney transplant on Dec. 19, 2003.

During the 2003 off-season he signed a contract with the New Jersey Nets, but he missed all but 12 games.

Even though Mourning isn't the same player he used to be, his 10.4 points-per-game in 18 games for the

Nets this season would have been a valued asset to the Toronto lineup.

By placing Mourning on the injured list, the Dinos have been able to activate rookie centre Rafael Aruajo. Aruajo is making an impact after being recently inserted in the starting lineup.

Eric Williams, a 10-year veteran out of Providence, is a big power-forward who in 29 games for both New Jersey and Toronto is averaging 11.6 points-per-game.

Although Aaron Williams has been seldom used this year, he has proved he can be effective, averaging 6.2 points-per-game during his 11 seasons in the NBA.

Over in New Jersey, the Nets hope Carter can gel with all-star guard Jason Kidd and forward Richard Jefferson so they can make their way into the playoffs.

Carter is averaging 17.5 points-per-game in 28 games with both the Nets and the Raptors.

The Raptors aren't giving up on the playoff picture this season as their 13-22 win-loss record (as of Jan. 9) leaves them only four and a half games back of the Atlantic Division leading New York Knicks in the weak Eastern Conference.

Since the trade the Raps are seeing improvements from forwards Rose, Chris Bosh and Morris Peterson. They need to continue to improve if the Raptors want to make the playoffs this year.

Rookie forward Matt Boner has been a pleasant surprise, averaging 7.6 points-per-game, coming off the bench.

So the post-Carter era now begins with the Raptors still in the playoff hunt, but for how long? The Raps may just be looking towards the 2005 NBA draft, where the two first-round draft picks they acquired from New Jersey, plus their own first-round pick, will be clear-cut building blocks for the franchise's future.

The Raptors may also be looking to unload Rose and his contract. Rose has been rumoured to be headed to the Heat for forward Eddie Jones. Jones has been averaging 11.8 points-per-game for the number 1 team in the Eastern Conference.

The superstar nicknamed "Air Canada Carter," "Vinsanity" and "Half Man, Half Amazing" for his high-flying dunks, put the Raptors on the map as the face of the franchise and will long be remembered, even if he will now be wearing another jersey.



(Internet photo)

Vince Carter took his high-flying act south of the border when he left the Raptors to join the New Jersey Nets.